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QUICK-CURE FAMILY EMERGENCY DOCTOR BOOKS

BY

DR. H. A. RETHCEF

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VOLUME I., PARTS I., II., III., IV., V., VI.



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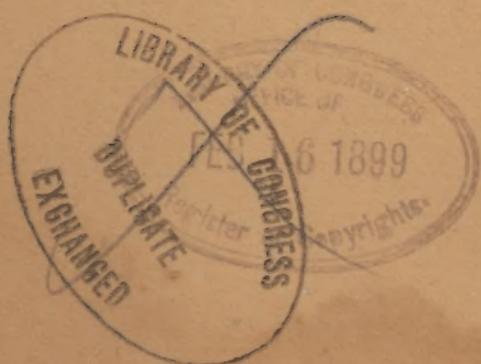
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PREFACE.

Read! Read! Read! The New Quick-Cure Series of Doctor Books; published in part numbers (from one to twenty-four) nicely bound, either six or more in one volume or separately. Are designed for individual and family use. Simple remedies—can be made up quickly in every home.

All I ask is—read me, and I will do you good. I will surely help and cure you if curable. Everything printed in plain English, so that every old or young person can treat their own case and make their own cures when sick, and prevent disease when well. There is not a family in the land but will, in case of emergency, or even upon every ordinary occasion, first resort to or make up something to relieve suffering or pain, without calling a doctor. Then, read what are the advantages of having in the house this series of books, saving a hundred times their cost in a very short time, and perhaps death, thus blessing a home.

Nothing to sell in this book, but everything to give or tell you in the way of good advice and useful medical information.

“An ounce of prevention is worth a pound of cure.” Medicate your brain more and your stomach less. First learn the cause; then avoid or remove it. And a great many times the worst chronic diseases, such as dyspepsia, piles, rheumatism, etc., will cure themselves without one single particle of medicine.

Note all throughout this series of books I have endeavored to write everything as plainly as possibly can be written, and a great many times I have used two words in succession where each one contained the same meaning. For in my travels I came in contact with so many persons who, although having had a good or fair common-school education, yet it was almost an impossibility to make them understand certain things; so, in my symptoms, causes, preventions, and cures, I have written up everything that could possibly be thought of in regard to the disease in the plainest way. And there are many reasons why these books or parts should become a part of every well-regulated household. First, because they are written, as I have said before, in the plainest and most comprehensible English that can be spoken or written and understood by

everyone irrespective of a certain amount of common-school education. Secondly, because they treat on diseases or ailments which all mankind, rich or poor, professional or laboring people, may be subject to. Thirdly, because the cures are within the reach of all classes, whether residing in the city or country. Fourthly, because the ingredients of which the formulas are composed can be found at all times in nearly every household. Fifthly, and lastly, because these formulas contain absolutely nothing of a poisonous or dangerous nature, but are nearly all purely herbal and harmless, effecting their respective cures in a quick and pleasing manner. Hundreds of treatments and medical formulas for making remedies for ailments of everyday occurrence are given in the different numbers. Also containing a great many formulas never published before in any other book; many of them are for curing chronic diseases which at the present time afflict six persons out of ten in this country. To my dearest friends, the poor suffering humanity who have scarcely ever given the "Home-Doctoring" or practice of medicine a single thought, these series of Doctor Books are most respectfully dedicated by the author.

DR. H. A. RETHCEF.

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THE NEW QUICK-CURE SERIES
OF
FAMILY EMERGENCY DOCTOR BOOKS.

PART I., VOL. I.

RHEUMATISM.

If you have it, or ever have had it and recovered from it, and which sometimes is liable to return, read every word in this part of the book before you stop, and you will learn something about it. This dreadful disease affects the neck, back, hips, joints, sinews, nerves, muscles, arteries, blood, etc., and no doubt it is a promoting cause of heart-disease. It will plainly tell you how to cure or avoid it. This first part of this volume treats on all the different kinds of Rheumatism, which appear mostly in two forms. First, Acute or Inflammatory, and second, a series of ailments, known as the Chronic Stage, but are popularly called by the following differ-

ent names, such as Sciatic Rheumatism or Sciatica, Gout Rheumatism, Acute Rheumatism, Dropsical Rheumatism, Muscular Rheumatism, Rheumatic Neuralgia, Articular Rheumatism, Flying Rheumatism, Rheumatic Lumbago, etc., giving a plain description of the symptoms, causes, preventions, and a large number of the best external and internal treatments for their permanent cure.

Rheumatism is generally started by a sudden change or changes in the system, and occurs at all times of the year, but is more common in the spring and fall than any other time. It attacks all ages of both sexes. But men are more troubled with it than women, owing to their being more exposed. For instance, in the spring a man will take off part or all of his heavy under-wear too soon; or if they are not taken off, when he is at work and feels a little warm he will throw off his coat or vest,—sometimes both,—cool off too quickly, chill the blood, and cause a suppression of the sweat glands of the skin, and if the blood is in just the right poisonous condition at the time, he takes cold and Rheumatism follows. Then late in the fall he will take or leave off the above said garments in the same way and go through the same operation again; consequently some men, owing to such carelessness, have it

more or less all the year round. In some it will affect the joints in such a way that the slightest motion gives pain. It is unquestionably, or claimed, a nervous, constitutional disease, at first having its origin in impure blood. The blood becomes vitiated through various causes, such as malassimilation and faulty digestive action, producing in some certain kinds of acids which, instead of being carried out of the body in a natural way, are held back and form this so-called rheumatic uric acid, which no doubt is generally caused by what we eat and drink, or our habits of living, causing biliousness, which produces this acid in the stomach of which the blood partakes, and in this way we get this acid into the system. It may, and often comes on suddenly, but you must bear in mind that it has been lurking there and taken months, and sometimes years, for the blood and system to get in the right condition for a cold to develop it. Rheumatism appears mostly in two forms. First, Acute or Inflammatory, and second, a series of ailments known as chronic, but are popularly called by the following different names, such as Sciatic Rheumatism or Sciatica, Gout Rheumatism, Acute Rheumatism, Dropsical Rheumatism, Muscular Rheumatism, Rheumatic Neuralgia, Articular Rheumatism, Fly-

ing Rheumatism, and Rheumatic Lumbago. Symptoms of Acute or Inflammatory Rheumatism first come on with a sudden languor and chilliness, hot and cold flashes, profuse sweat, more or less fever during the night, thirst, restlessness, tongue white, the bowels generally hard and costive, the pulse strong and full, stiffness of joints and muscles with more or less tenderness and pain in one or more of the joints, such as the shoulders, elbows, wrists, fingers, hips, knees, ankles, toes, neck, and back; sometimes every bone in the whole body will ache. In some persons pain shifts from one part or joint to another, accompanied with more or less swelling. The parts or joints will look red and feel hot and sore to the touch; sometimes fingers and toes will be drawn out of shape in a short time. Pain or soreness increases toward evening and during the night, which sometimes affects the internal organs and structures, especially the heart or its covering, and is then called Rheumatic Neuralgia, which often proves fatal. Chronic Rheumatism sometimes succeeds the Acute, although a person who has it a great many times is perfectly well at heart; there is generally no fever, but on the start pain is more changeable; one day it will be very severe, which may last for several days or weeks; then it almost

entirely disappears. After a time, if not properly treated, it becomes fixed in a place or joint which is the most surrounded by muscles; and, in fact, more or less in all of the parts most required for bodily exertion, such as the neck, shoulders, back, hips, loins, knees, etc., are the seat of the disease. When it affects the hip-joint it is called Sciatica or Sciatic Rheumatism, and when in the loins or small of the back it is called Lumbago. It sometimes causes deformities by enlarging and drawing or crooking the hands and fingers, also the knees, ankles, and toes, all out of their natural shape.

GOUT.

Gout and Rheumatism are nearly the same disease. In fact they are companions or brother and sister to each other.

A great many practitioners make no distinction between them, but treat both nearly the same. When the disease is of a gouty nature the pain often is more in the smaller joints—as the hands and feet. The pain generally starts in the first joint of the great toe, although it sometimes attacks other parts of the foot, such as the heel or perhaps the whole of the foot and ankle.

It is extremely painful and not apt to change about, while the other species of rheumatism, located in the larger joints, shifts from one place to another. It most generally attacks the healthiest-looking people, those of large, corpulent, and robust appearance—females more than males. It seldom appears at an earlier period of life than thirty-three or thirty-eight years, and when it does may arise from an hereditary disposition or abuse of the digestive or other internal organs, such as flatulency and indigestion, caused by high living, eating too often and too much meat and other highly seasoned foods; the inordinate use of hard cider, distilled and fermented liquors, and the too free use of vinegar, pickles, etc. It is also brought on from colds, close mental application, and sedentary habits. It occurs chiefly in the spring and the beginning of winter, and when supposed to be cured, returns in paroxysms. It is a very common thing to find chalky concretions covering the joints of those subject to Chronic Rheumatism and Gout.

Cause.—Rheumatism is generally caused or started by exposure of some kind, such as getting the feet wet, wearing damp clothing, strains and sprains, sleeping in damp beds or in a damp room, causing a sudden creeping chill all over

a person. Also cooling off too suddenly when the body is unusually warm, taking cold therefrom, which in turn affects, if in the system, the calcarious matter or uric, lithic, or lactic acids. These in due time affect the circulation in such a way that it causes tiny-formed, gritty crystals like iron rust to be deposited wherever the joints, muscles, and tissues of the body are the weakest and mostly used, causing all of the Rheumatic Gout aches and pains.

Cures.—First of all, wear flannels of some kind next to the skin the year round. Then, to cure Rheumatism in a short time, a person should treat it from the inside as well as the outside. And if very severe, or should come on suddenly, the first thing to do is to take a good sweat, which can be effected by taking a bowlful of strong catnip, sage, or pennyroyal tea, or a strong punch made out of rum and molasses, keeping in the house for a few days. Also clean out the stomach and bowels by taking a few doses of salts or any other good cathartic, after which make up, or have made up, one of the following formulas and take it inside, and also apply something on the outside as given hereafter under the head of External Treatments, for I have found from long experience great ad-

vantages derived and quick cures made from outward treatments, especially of the joints when they are very painful and much swollen; and I feel most perfectly assured that no attack will stand any length of time before any of the following internal and external combination treatments, no matter how severe or of how long standing they may be.

No. 1.—A Sure Cure for All Kinds of
Rheumatism.

Pure Cider Brandy (Apple Whisky) . . .	2 quarts
White Mustard Seeds.	2 ounces
Flour of Sulphur	1 ounce
Prickly-Ash-bark Tea	2 quarts

The latter is made by steeping six ounces of dry, or double the amount of green, Prickly-Ash-bark in three quarts of hot water, for four hours; then strain off and mix all together in a jug, which keep corked and shake up well each time before using.

Dose: A wineglassful three times a day, half an hour before each meal; and if there is very much pain in any of the joints use, according to directions, some of the "Wonder Liniment," for which see formula on next page, or, better,

try one of the external treatments for Rheumatism given hereafter on pages 17-24.

Magical Wonder Liniment (For External Use Only), Good For Man or Beast.

Mix together as follows:

Oil of Cajeput	$\frac{1}{2}$ ounce
Oil of Sassafras	$\frac{1}{2}$ ounce
Oil of Hemlock.....	$\frac{1}{2}$ ounce
Oil of Cedar	$\frac{1}{2}$ ounce
Oil of Origanum.....	$\frac{1}{2}$ ounce
Oil of Rosemary	1 ounce
Spirits of Turpentine	$\frac{1}{2}$ ounce
Tincture of Cayenne (Capsicum)	$1\frac{1}{2}$ ounces
Tincture of Opium	$1\frac{1}{2}$ ounces
Strong Water of Ammonia	$1\frac{1}{2}$ ounces
Pure Alcohol	8 ounces

First mix the ammonia with the alcohol, then the oils, and lastly the tinctures.

There is no better liniment on earth for any external pain than this, but it must not be taken into the stomach.

No. 2.—This formula will expel the acids from the system and ease all pain in nine persons out of ten the quickest of any known remedy.

Mix together in a quart china pitcher as follows:

Bi-carbonate of Potassæ 3 ounces
Soft Water 1 pint
And the juice of a large lemon.

Stir the first two together until the potassium is all dissolved; then slowly add the lemon juice, and when through foaming, which will be in a few minutes, bottle.

Dose: One tablespoonful in one-half a glass of water every three hours until pain stops or is all gone, then a tablespoonful or dose before each meal and bedtime for one week after. Also, if necessary, apply externally some of the "Wonder Liniment," as explained in the previous formula.

No. 3.—Dr. Jenning's Sure Cure for Inflammatory Rheumatism.

Salicylic Acid 1 ounce
Water 1 quart

First thoroughly dissolve the acid in the water, then by degrees stir in Bi-Carbonate of Soda, or best baking soda as long as it will foam or bubble, and bottle.

Dose: One tablespoonful every hour, and take it for one week after the pain is all gone.

Now if you wish to take internally any one of the following, No. 4, 5, 6, 7, 8, or 9 formulas, copy it out of this book, take it to a drug store, and have it put up, and take it according to directions; and if some of the treatments given heretofore and after do not cure your Rheumatism, there is nothing on this earth that will and experience will teach you that I am right.

No. 4.—For Chronic Rheumatism. This is a good formula and so is the next one; both used with great success by Dr. John Tripp, a specialist on Rheumatism, from whom I obtained them.

Tincture Colchicum	1 ounce
Tincture Cimicifuga	4 drams
Tincture Gelsemium	4 drams
Sweet Spirits Niter	20 drams
Essence Wintergreen	4 drams
Simple Syrup	6 ounces
Mix.	

Dose: One tablespoonful every two hours, and four times a day for one week after the pain is all gone.

No. 5.—For Chronic Rheumatism also.

Wine of Colchicum (root)	2	drams
Bi-carbonate of Potassæ	5	drams
Rochelle Salts	5	drams
Peppermint Water	8	ounces
Mix.		

Dose: A tablespoonful three times a day until the pain is all gone, then in smaller doses for one week afterward.

No. 6.—Another Good Treatment. This formula was given to me by a country doctor who claimed to have had wonderful success with it, and since I first obtained it I have been told the same by several more doctors, who all have used it with the same good results.

Salicylic Acid	4	ounces
Bi-carbonate of Soda	5½	drams
Nitrate of Potassium	3	drams
Tincture Colchicum Seed	1	ounce
Oil of Wintergreen	¼	dram
Sugar House Syrup	1	gill
Alcohol	1	gill
Water, q. s. (sufficient quantity)	1	pint

First mix the salicylic acid with the water in a quart bottle and gradually add the bi-carbonate of soda; waiting after each addition until effervescence ceases before adding more. When all have been added and dissolved, which will require about two hours, add the alcohol in which the oil of wintergreen has been previously dissolved, then the tincture of colchicum seed and syrup; lastly the nitrate of potassium, allowing it to stand until the latter is dissolved. Then filter.

Dose: For an adult a dessertspoonful three times a day, half an hour before each meal.—Ind. Pharm.

No. 7.

Saturated Tincture of Rhus Toxicodendron	1 ounce
Tincture of Aconite	4 drams
Volatile Tincture of Guaiacum	4 drams
Mix.	

Dose: From thirty to forty drops every three or four hours; or, instead of dropping it out, take from one-half to three-fourths of a teaspoonful every three or four hours.

No. 8.—This formula, and the next one, are frequently used when the disease first comes on.

Carbonate of Potassium	5 drams
Nitrate of Potassium	5 drams
Soft Water	16 ounces

Mix and dissolve.

Dose: A tablespoonful three times a day, before each meal, and smaller doses for one week after the pain is all gone.

No. 9.—This formula is probably used by the medical profession more frequently than any other one known.

Have a druggist make up for you twelve powders, each one to contain ten grains of Salicylate of Sodium. Note: After cleaning out the stomach and bowels with a dose of salts, take one of these powders every two hours until six powders have been taken. Then omit taking them for the next six hours. If, at the end of that time, the pain is not entirely gone, take six powders more, one every two hours. Generally, in the majority of cases, at the end of the last twelve hours every particle of pain will have disappeared.

N. B.—These last six formulas will have to be prepared by a druggist.

No. 10.

This formula I bought of an old doctor in Massachusetts who made it by the barrel and sold it by the gallon. He told me that he never had a case of Rheumatism in his life, no matter of how long standing, but what he cured with it, and I know myself that every ingredient in it is good for the disease; and people who live in the country can get all the barks without any expense and a very little trouble.

Take of Dogwood Bark, dry; Prickly-Ash Berries or Bark, dry; Yellow Poplar Bark, dry; Wild Cherry Bark, dry; White Ash Bark, dry; and Spikenard, of each one-half pound (dry); boil in two gallons of water down to nearly one gallon; strain and add one gallon of Cider Brandy or American Gin, or, better, Old New England Rum, and two ounces of Flour of Sulphur; keep well corked in a large jug.

Dose: A wineglassful, three times a day, half an hour before each meal.

N. B.—Shake up well before using.

No. 11.—Gum Guaiacum; For Rheumatism.

This formula a great many times has done wonders, and in a very short time, after everything else had failed. Gum Guaiac, as it is commonly called, is an old-time remedy, and is held in very high esteem by a great many doctors, and in addition has long been used for chronic Rheumatism and Gout, also for Scrofula, certain cutaneous eruptions, and many other protracted diseases, dependent on a depraved or vitiated condition of the system; so, consequently, I deem it worthy of a place in this book.

Take of:

Gum Guaiacum (pulverized)	$\frac{1}{2}$ ounce
Good Whisky	1 pint

Mix or shake up until dissolved. The dose is a teaspoonful three times a day, half an hour before each meal.

N. B.—Also, if necessary, keep the bowels open or in a loose state or condition by taking, once in two or three days, a dose of Rochelle Salts, mixed with a little water, just before breakfast or fifteen minutes after taking the Guaiacum and Whisky. This can be prepared without very much trouble.

No. 1.—External Treatments.

First, once or twice a day, steam the painful parts or joints with cloths wrung out just enough so they will not drip, from very hot Hemlock and Pine-twigs Tea, made by steeping a large handful or bunch of each of the extreme ends of the twigs or boughs of hemlock and pine trees in three-fourths of a large tin pail of boiling water; or, instead of the hemlock and pine tea, use the same amount of hot, strong Potato Water, with from one to three heaping tablespoonfuls of Saleratus, thoroughly stirred till all dissolved. Apply in this way: Take a large towel or cloth, fold it together several times, then dip it into either one of the above preparations and lay it on the affected part as hot as can be borne by the patient. Leave it on for at least half a minute. As soon as it commences to feel a little cool repeat the operation again. This should be done at least a dozen times, after which gently rub in several times with the bare hand some of the "Wonder Liniment," or any other good liniment you have in the house.

External Treatment No. 2.—For Rheumatism or Gout.

Before retiring at night first gently rub in sev-

eral times with the bare hand some of the "Magical Wonder Liniment," or any other good liniment, after which bind on the following poultice, made out of salt and sweet milk in this way: First, heat very hot, or nearly to a boiling point, a pint of sweet milk; while in this hot state slowly by degrees stir in fine table salt until all is cooked or thick; then lay the whole mass between two pieces of cotton cloth. Bind this on or around the affected part and leave it on all night. The thinner the cloth that is next to the skin the better. This treatment, if properly done, very seldom needs to be repeated more than once or twice to permanently cure all kinds of rheumatic pains; no matter if they have been located in a part or joint for years.

External Treatment No. 3.

Slice one-fourth of an inch thick six medium-sized, strong red onions and lay them flat, one layer over another, into a quart fruit jar, over which pour a pint of pure alcohol. Lay the cover or a sauce dish over the top of the jar and set it where the sun can shine on it for at least twelve hours; after which it can be sealed, air-tight, and used as follows: At night, before retiring, first gently rub on the diseased or affected

part several times, with the bare hand, some of the liquid out of the jar, and dry it in by the fire. Then take a piece of cotton cloth, cover it with several thicknesses of Green Plantain Leaves, over which spread two or three layers or thicknesses of the sliced onions from the jar, and securely bind the whole on the affected part. Leave on all night. When it is taken off in the morning rub on, and dry in by the fire, a little more of the liquid out of the jar. It only requires a few nights' treatment to cure old cases of Rheumatism of years' standing.

N. B.—Do not use the same onions or plantain leaves but once.

External Treatment No. 4.

This is the original “Secret One-night Rheumatism or Gout Cure.” Take of Strong Cider Vinegar, one pint; Laudanum, two ounces; Saleratus, one large heaping tablespoonful; and a handful of Wheat Bran.

First heat the vinegar in a tin pail or any suitable utensil; when hot slowly stir in by degrees the bran until the whole mixture is fairly thick; then, lastly, add the laudanum, which stir in the same way, and use as follows: At night, before retiring, apply the whole in the shape of a poultice.

tice on the affected part as hot as can be borne, and leave it on all night. If necessary, it can be used over several times by heating it again and adding a little more vinegar to it, otherwise it would be too thick and dry.

External Treatment No. 5.

This is one of the best for an old chronic case of Rheumatism in the knee joints that is known. Take five pieces of green, soft maple boards, eighteen inches long, from two to three inches wide, and about an inch and a half thick. At night before retiring slowly heat them in a stove oven to a point where the bare hand can scarcely be borne upon them. Then, before they are applied, first rub, or have someone else rub, the knee with the clear "Wonder Liniment" (see formula on page 9), which make or have made up; or use any other good penetrating liniment; after which saturate a piece or strip of flannel cloth with more of the same kind of liniment used and pin it around the affected part, or knee; over the saturated flannel tie several thicknesses of large, green burdock leaves; or, if these cannot be got or obtained, in their place use two thicknesses of brown straw paper. Next, over the burdock leaves or paper, bind the hot, soft

maple boards evenly all around the knee. Then over all wrap or wind a cotton sheet, doubled up three or four times, as many times as it will go around the leg, and leave the whole on all night. I have cured old chronic cases of Inflammatory and Sciatic Rheumatism in the hips and knees of from one to five years' standing, permanently, in four treatments of this kind, giving one every other night, so it never came back or returned.

External Treatment No. 6.

Mix together or, better, evenly spread dry Soda or Saleratus over a piece of cotton cloth, from one-fourth to one-third of an inch thick, which first thoroughly wet by dropping equal parts of best Laudanum and Essence of Peppermint all over it and securely pin or bind on the affected part. As it becomes dry, keep it wet from the outside by pouring or dropping a little more of the same on the outside of the cloth, which must not be removed until well or pain is all gone. The M. D. that gave me this formula told me he had used it for all kinds of Rheumatism for over thirty years and never knew it to fail in a single instance. Had time and time again removed every particle of pain in five

hours, where it had existed for that number of years, and was harmless to use.

External Treatment No. 7.

Last, but not least, remember that sometimes a simple preparation like the following formula, which can be made up by anyone in the house in a few minutes, will cure a lame back or crick in the same place, a weak back and kidneys, stiff neck, or pain in any of the joints in one or two treatments, especially if done when it first starts. Take equal parts of kerosene oil, turpentine, and alcohol—say, two ounces or four tablespoonfuls of each. Thoroughly mix all together and use the same as any other external liniment. To cure any of the above ailments in a few treatments, first some of the above mixture should be rubbed in with the bare hand; then saturate a strip of cloth or flannel with the same or a little more of it and lay it over the affected part, over which lay a thickness or two of paper, then have another person gently rub a hot flatiron over the paper for five minutes. If you have no alcohol use equal parts of kerosene oil and turpentine, either one will do wonders if used in the above way.

Now, in conclusion, I will say, and also bear it

in mind, that in treating Rheumatism externally it is always better for any person, old or young, to first take medicine inside, if nothing more than a few doses of salts, before the outside is touched. Then outside work or applications will never do any harm; and I have never known of any bad after-effects from any of the internal or external treatments given in this book; but, on the contrary, an improvement, after the first treatment. Always pick out a formula or treatment that you can make up the quickest, especially if it is in the case of an emergency, for remember that every one is good and will cure the disease. Only sometimes one will accomplish its work quicker on a certain person or individual than on others. Therefore, if the first formula or treatment fails to help or does not cure you can make or have made up one of the others, and try again. For there certainly is one or two in this book that will cure you if there is any cure for you.

Diet.—As an ounce of prevention is worth a pound of cure in everything, rheumatic patients should abstain, for at least a time, from all excessive eating and drinking. Some of the best things to eat are things made out of Indian meal or oatmeal, rye, and graham bread, pure milk, the various thin animal broths, arrowroot, well

boiled rice and barley, jellies, sago, starchy puddings, and oatmeal gruel are all good; also mustard or horse-radish should be taken with the food or on the meats. The following refreshing saline drinks will be beneficial: lemonade in all forms, warm or cold; or a tablespoonful of lemon juice and two teaspoonfuls of molasses stirred into a glass of water, one to drink at nine o'clock in the forenoon and one at three in the afternoon; or, better, drink it the first thing on arising in the morning and the last thing before going to bed at night. Plain water, hot or cold, is good; also barley water, oatmeal water, sulphur water, and lime where the water is soft. Salt mackerel, corned beef, eggs, new bread, all raw fruit, pickles of all kinds, etc., cannot be recommended. The only way raw fruit such as apples, pears, etc., should be eaten is baked or in sauce form. Avoid drinking all kinds of wines and liquors while under treatment, and you will find that everything given in this book for Rheumatism is beneficial. Once more allow me to say, Keep your feet warm, head cool, body open and clean; also stimulate the skin nights and mornings, by using the flesh-brush or rubbing it with a crash or coarse towel until you feel a warm glow all over the entire body.

PART II., VOL. I.

PILES (HEMORRHOIDS).

This second part of Volume I. treats entirely on Piles (Hemorrhoids), such as Blind, Bleeding, Protruding, Itching, Ulcerated Rectum, etc., giving a plain description of the different common and chronic diseases of the rectum or lower bowel; also the second and third chronic diseases, which, sooner or later, originate from the above trouble if not cured; causing Fistula, Fissure, Cancers, Pruritus, Rectal Ulcers, and Prolapsus. Also gives the symptoms, causes, preventions, and a large number of the very best internal and external formulas for their permanent cure and removal without the knife.

My dear reader, have you ever been troubled with them, or have you them at the present time? In either case, carefully read this part of the book, which treats on them. And if you have them it will tell you how to cure them; and if you never have had them it will also tell you

how to avoid them, as well as nearly all other diseases of the rectum or lower bowel.

There are very few maladies in their first, second, or third stage more common among the people of the present day than this disease, and very few which are more annoying. Piles, as they are called, are excrescences or tumorous lumps, composed of soft, spongy, and sometimes hard growths of various sizes and shapes, which, after formed, are situated either within the rectum or projecting more or less out from the external verge or outside of the anus, and in their first stage consist of a mere enlargement or distention of the hemorrhoidal veins, or, as commonly called, blood-vessels, which, when once diseased, in some persons develop very slowly and may be of several years' growth, or coming on before they cause very much trouble, and are thus neglected. There are several kinds, called by different names. But in reality there are only two classes—Bleeding Piles, when blood is discharged; and internal or Blind Piles, when there is no discharge. Both are at the lower termination of the intestines, swelling out at times and causing great pain. The Internal, Blind, or Bleeding Piles, in which the tumors or swelling sacs are formed internally, and at times come down or burst without coming down, and

discharge a considerable quantity of blood. Sometimes from one-half to a whole teacupful will ooze out and come away from the bursted parts at one time. When they have advanced to this stage they are very weakening to some persons; and, at times, when they do not bleed spontaneously, or the patient goes to stool, they often enlarge so that they form rings or clusters around the internal surface, which, if not relieved by bursting and bleeding, or if the swellings or tumors are very large and sore or sensitive they irritate the neighboring parts to such an extent, causing many symptoms of disease; also leucorrhœal discharges in females. External Piles of the rectum vary in appearance from mere flabby folds of skin to large-sized teats or tumors, which are often forced down at stool or when lifting, and are then called Protruding Piles, causing, while out or remaining so, severe pain, and are sometimes returned or pushed back with difficulty. When internal, and the tumors or kernels do not come out, they are then called Blind Piles, which are situated from a half inch to two inches above the sphincter muscle of, or within, the rectum. In this case again the kernels or pile tumors vary in size from a small currant to a large cherry, and may be of red, dark, or light-blue color, irregular

shape, and from two to six in number; and when there are several of them they sometimes fill the rectum, causing difficult evacuations; and if the excrements or discharge are hard, they pass out under great difficulty, which often forces the Piles or tumorous swellings, and sometimes the internal coat or lining-membrane of the rectum, out of the anus at stool, in order to procure a free passage. Piles, no matter how mildly one has them, are annoying; and in some persons cause more pain, misery, and wretchedness of feeling than any other known disease, and should be made a study of at once by the persons who have them and cured without delay. And the earlier treatment is commenced the better, before they become almost incurable—especially where they run into cancers, which cause death sooner or later.

The symptoms generally are like some of the following given below: Badly constipated; more or less pain across the back, hips, and down the thighs, which is sometimes preceded by a sense of weight in the lower part of the abdomen (belly); flatulent state of the stomach and bowels; pimples and sometimes itching about the verge or opening of the anus, especially when lying down at night, which persons call Itching Piles; on going to stool a full-

ness in the rectum, with at times terrible agony and burning, bearing-down pain, and general feeling of weakness; after stool a discharge of clear blood, and also pus and blood together, as though coming from a boil. At times the end of the rectum will come out and remain out for days, and will be very sore to the touch. Irritation or irritability of the bladder, with a frequent desire to urinate or pass water, which sometimes scalds or burns. Numbness and vaginal troubles; female weaknesses; moisture or acrid discharge exuding, which comes from an ulcer, tumor, or fistula hidden in the rectum; the latter often originating from the first two, which is a small crack or tear within the tissues of the sphincter or closing muscle of the rectum and is called a fissure. Chronic Prolapsus is a weakened condition of the wall of the rectum, which comes out at each and every evacuation of the bowels, and sometimes in severe cases comes out from twice to a dozen times during the day, especially if the person is hard at work or is weakly or prostrated. It is generally unaccompanied by pain, but has to be pushed back at once or will become inflamed and very sore or tender. Fistula is a false passage which sometimes works down and opens outside, near the anus.

Cause.—Their immediate causes are many, but the common cause of Piles is relaxation and debility of the bowels, which is nearly always found in persons of weak, languid, and relaxed habits of body and a morbid condition of the circulation and nutrition of the rectum, brought on, more or less, from the following troubles, such as constipation and a low, debilitated state of the bowels, causing a straining at stool in order to procure a passage; too severe labor or working too many hours; lifting beyond the strength or carrying very heavy weights or burdens; in females during pregnancy; pin- or seat-worms; violent coughing; sitting still all day on a bench or chair, as many persons do; also standing all day in nearly one place or position; horseback riding; tight lacing of corsets; persons leading a sedentary life; active purging or too frequent use of strong purgative liquids or pills that contain a large per cent. of rhubarb, aloes, etc., which do great mischief in the way of causing an inflammation and burning in their passage out of the bowels; wiping with poisonous colored paper or newly printed newspapers, where the ink is fresh, sometimes causing an irritation. But the most common cause of all is derangement of the digestive organs, such as the stomach, liver, and kidneys, brought on by half chewing or swallow-

ing everything whole, eating too fast and too much, especially of highly seasoned or indigestible foods, which sometimes contain gritty substances such as apple, pear, berry, or other seeds, small sharp pieces of bones, egg- or oyster-shells, and many other things that are eaten or taken into the stomach. These undigested substances, in their passage out of the body, injure the tender membrane of the curve of the rectum during stool. This daily irritation from one thing and another grows from bad to worse until it causes inflammation, constipation, or an inflammatory action in the lower bowel, and a diminished secretion of mucus from its inner membrane, ending in Piles, etc. Any aged male or female is not entirely exempt from piles, in some form, at certain times, unless they are cranks about eating, drinking, and the many other immediate causes. Eat and drink to live, but do not live to eat and drink. Then, with a few other precautions, you will never be troubled with them as long as you live.

Cures.—First it is necessary, in order to effect a permanent cure, that the lower bowels should be kept regularly open with a mild cathartic, such as a tablespoonful or, if necessary, two of castor oil in a little orange juice. This taken occasionally before retiring will benefit an hab-

itual pile-costiveness more effectually than any other known remedy; or, instead, the next best carthartic is as follows: Mix together equal parts of castor oil, molasses, and flour of sulphur—two or three tablespoonfuls of each; shake or stir up thoroughly and take a tablespoonful of this combination before retiring. One dose of this will generally remove that morbid state of the liver and stomach which causes the complaint.

FORMULAS.

No. 1.—Internal Pile Cure.

This makes a wonderful preparation to take alone; or to use in connection, if necessary, where they protrude badly.

Golden-Seal (powdered)	1 ounce
Flour of Sulphur	1 ounce
Senna	1 ounce
Cream-of-Tartar	1 ounce
Jalap	1 ounce
Saltpeter	$\frac{1}{2}$ ounce
Mix.	

To save trouble, and for a small amount of money, the above six articles can be bought pulverized and mixed together already for use at any drugstore.

Dose: A teaspoonful in a little syrup or molasses, three times a day, half an hour before each meal. If this amount moves the bowels too freely, or more than twice a day, take smaller doses. A great many old persons who in years gone by had the Piles in their worst form were cured by this formula and swear by it to this day.

No. 2.—For Protruding Piles.

Mix together equal parts of Cream-of-Tartar and Flour of Sulphur, one ounce of each; and for a few nights before going to bed or any time before retiring, take from one to two teaspoonfuls stirred in about three times its quantity of molasses. Also have made and on hand this preparation:

Witch Hazel	2 ounces
Glycerin	1 ounce
Tannin	1 ounce

Mix, bottle, and anoint the piles, from one to three times a day. This whole treatment, with a little precaution in the way of eating, will cure the worst case in a very short time if you will give it a trial.

N. B.—The parts affected should be kept very

clean by sponging or washing them off with a soft cloth or lump of cotton after each movement of the bowels, for some time, even after entirely cured.

No. 3.

This is an old and infallible cure for inward piles where the pain comes on in the night or any time without any apparent cause, and also is equally as good for outward Piles.

Mix, or thoroughly stir, one tablespoon, rounding full, of Flour of Sulphur with half a pint of sweet milk and drink while stirred or mixed, before going to bed. Also anoint the Piles with a little of what is left in the bottom of the utensil. A few nights' use will cure them. This is simple and perfectly harmless. Try it and be convinced.

No. 4.—A Sure Cure for Bleeding Piles.

Put from twelve to fifteen drops of distilled Extract of Hamamelis, Commonly called Witch Hazel, in a medium-sized tumbler of water. Stir up well and keep covered. The dose is a teaspoonful every two hours, and less often for a few days after the bleeding has entirely

stopped. Also inject or anoint the Piles or affected parts with the following No. 3½ Mixture, at least two or three times a day until cured.

Witch Hazel 2 tablespoonfuls, or 1 ounce
Soft Water 2 tablespoonfuls, or 1 ounce
Glycerine 1 tablespoonful, or 1 dram
Mix, bottle, and keep corked.

This formula is a little slow, but sure. It will cure every case of Bleeding Piles, no matter of how long standing. Generally it is not necessary to use the No. 3½ mixture; but it is better if convenient to do so.

N. B.—Some practitioners prefer giving twelve or fifteen drops of the witch hazel in a wineglass nearly full of water every two hours. It is supposed to work, or cure quicker. But I prefer the first, which is all right, especially if you are obliged to be away from home. Then you can prepare and take it in this way. In the morning, mix up a tumbler full, which you can take to your place of business, or, if necessary, carry it all day about your person in a suitable-sized flat bottle, and once in two hours take a small swallow, or what would amount to a tea-spoonful, out of the bottle; and in a few days

your Bleeding Piles will have disappeared. If at some future time they should return, the above treatment should be repeated if necessary, which rarely ever has to be the third time.

No. 5.—Wonderful Pile Salve.

Put or place a lump of sheep's wool on a tin plate and slowly burn it to ashes or cinders in a closed stove oven, which afterward sift through a piece of cheese cloth. Take equal parts of this wool-ash and Flour of Sulphur, one teaspoonful rounding full of each, and mix or stir it into equal parts of warm lard and mutton tallow, so it will be, when cold, about the consistency of a common salve. Nights before retiring, or any time, anoint the Piles with it. A few times using will cure them, either Blind, Bleeding, or Protruding Piles.

N. B.—Also take a mild cathartic, as given on page 31, to work on the liver and stomach.

No. 6.—For Itching Piles.

Have prepared at a drugstore, or thoroughly mix, fifteen grains of Calomel and one dram of Tannin with one ounce of Vaseline. Nights before retiring, first wash the itching parts with castile soap and warm water. Gently wipe dry

without causing an irritation, then anoint the anus and itching parts around it, and also work a little up into the rectum as far as you can with the end of the finger. This is claimed, by those who have tried it, to be one of the best reliefs there is for Itching Piles.

No. 7.—For Pin-worms and Itching Piles.

Anoint the anus and around it every night with clear Kerosene Oil; also work a little up into the rectum as far as you can with the end of the finger. Or, if for Pin-worms inject same with a small syringe. It will kill the Pin-worms and cure the Piles.

No. 8.—One of the Best External or Internal Pile Salves that Can Be Made.

Take a few oyster shells; wash them clean, and slowly burn them, either in a very hot stove oven or on live coals in a closed stove; carefully remove them and pulverize them as fine as flour in a mortar or on a flatiron or smooth stone; if on the latter use the face of a hammer. Then sift the amount you wish to use through one or two thicknesses of fine cheese-cloth. Take one tablespoon heaping full of this sifted oystershell dust, mix or rub it up with about

three times the same quantity (one ounce) of fresh unsalted butter, lard, or mutton tallow. Either one of the three can be used, but fresh butter is to be preferred. Also add three or four small lumps of morphine, each the size of a pea, which would make or call for ten grains. When all made up keep in a tin box and anoint the Piles with this from one to three times a day —also keep the bowels in a loose or solvent state for a few days by taking either one of the cathartics given on page 32, or make up the following, which makes a fine laxative. Take equal parts —a heaping tablespoonful, or $\frac{1}{2}$ ounce of each—Flour of Sulphur, Flour of Charcoal, Flour of Culver Root, or use Cream-of-Tartar in place of the Culver Root, stir all up well with molasses, keep covered, and take a teaspoonful before each meal until cured.

No. 9.—Another Excellent Pile Ointment.

This makes an excellent Pile ointment, and is claimed by all who have used it a never-failing cure. I first obtained it from Dr. John Saunders of Sturbridge, Mass., who had used it in his large practice with wonderful success; and since that time I have met a great many doctors who had prescribed it for Piles the same as I

have several times myself, and in every case with the same good and most beneficial results. It gives relief at once.

Vaseline, or Pure Fresh Lard	1 ounce
Powdered Nut-galls	15 grains
Powdered Alum	15 grains
Finest Flour of Sulphur	30 grains
Morphine	10 grains
Oil of Tar	15 drops

Mix or rub up all thoroughly together and keep in a covered tin box. For several days, or until cured, bathe or wash the diseased parts (Piles) with castile soap and cold water after each operation or movement of the bowels. Gently wipe dry with a very soft cloth. Then faithfully anoint and also work or crowd some up the bowel (rectum) with the end of the finger.

No. 10.—A Fine Salve for Piles and Prolapsus.

A fine Pile salve is made by stewing out Grape-Vine Leaves, Jimson Leaves, and Parsley; or, in place of the Jimson Leaves and Parsley, use Mullein and Plantain Leaves. Make in this way: Gather (while green) a handful of each of the kinds you wish to use and dry them in the shade. Then crumble the same amount of each

into two tablespoons, rounding full, of hot Lard or Mutton Tallow; make it very strong of the herbs; when the strength is all simmered out strain through a cloth, and when nearly cold stir in a teaspoonful of Flour of Sulphur and keep in a tin box. Anoint the Piles from one to three times a day.

This will also cure Prolapsus, if the bowels, stomach, and liver are kept in a healthy condition.

No. 11.—A One-Night Cure for Protruding Piles.

Before going to bed make a strong Red-Clover-Blossom Tea, or instead take the same amount of Hops, Tansy, Catnip, Pennyroyal, or Wormwood. Use of whichever one you wish or the least trouble to procure, one large double handful to about half or two-thirds of a water pail full of very hot water. Stir up well, then add a teacupful of vinegar. First lay several thicknesses of folded cloths over each side of the pail. After everything is all ready throw a shovelful of red-hot coals, ashes, or a hot stone in it and sit over the pail as long as you can, letting the steam approach the diseased parts or Piles. Also, in connection with the above, stir

a tablespoonful of Sulphur in half a pint of Sweet Milk, drink it, and in the morning the Piles will be cured. The above steaming process is very soothing and healing to the parts and gives instant relief.

No. 12.—Dr. Wm. Evans' Famous Pile Cure.

Take of:

Oil of Peppermint	4 drams
Balsam Copaiba	4 drams

Mix and apply a little on the Piles nights and mornings; also at the same time you apply this mixture take internally ten drops of it on a little sugar.

No. 13.

This, as well as the next (No. 14), formula makes an astringent as well as a quick curative Pile ointment.

Powdered Nut-galls	3 drams
Powdered Opium	3 drams
Powdered Resin	1 dram
Flour of Sulphur	1 dram
Simple Cerate or Lard	1 $\frac{1}{4}$ ounce

Mix and apply thoroughly to the affected parts nights and mornings, or oftener, as pain

may require. Also keep the bowels in a loose condition.

No. 14.—Lead Ointment.

Carbonate of Lead	4 drams
Morphine (Sulphate of)	15 grains
Stramonium Ointment	1 ounce
Olive Oil sufficient to make into an ointment.	

Mix, and use the same as the above (No. 12) formula.

No. 15.—For Painful Piles.

Sometimes, where the Piles have existed for several days and there is a great deal of inflammation and pain, cold water is of great service and gives instant relief.

There is one more treatment: Take a sponge, or for Protruding Piles a soft towel or cloth; fold it together three or four times, dip it in cold water and apply it close to the diseased parts (Piles), pressing it on with a dry cloth. As it becomes warm re-dip it in cold water again. Do this twelve or, better, fifteen times, then apply any of the Pile ointments described heretofore. Or, take of Tincture of Arnica fifteen or twenty

drops to a teacup two-thirds full of water, which thoroughly mix and apply as often as necessary with a piece of soft old cotton or linen cloth wet in it.

This treatment, from beginning to end, if only once faithfully tried, will remove every particle of pain.

In conclusion I will say that I give these various formulas or cures, so that if the first one tried should fail, do not become discouraged, but try again, for I know some of the others will certainly cure you if curable. Remember what will sometimes help and cure one person very quickly works slow on another, owing to various reasons, such as mode of living, occupation, ill-health, etc. But, at the same time, if you persevere long enough it will in the end certainly cure you. I find all persons who are troubled with Piles in their different stages generally want them relieved as quickly as possible, and also permanently cured. As an ounce of prevention is worth a pound of cure, it is a good plan for any person who has had or is inclined to have them to thoroughly cleanse or, better, wash the anus after each and every evacuation or movement of the bowels during the day, either with cold or lukewarm water. Use whichever agrees the best. Also, by all means, bathe the anus and

private parts with cold water every night before retiring. This goes a long way to keep these parts healthy. Also where the disease (Piles) is inside, or inclined to be inside, inject from one to three pints of lukewarm water at the same time, or at least two or three times a week. This last should be resorted to in all cases where the constitution has become habituated to the disease, as many cases are at once relieved and a large percentage have been cured by the daily employment of injections alone, of either warm or cold water, into the rectum before and after each evacuation of the bowels. An injection, after they have moved, is wonderfully beneficial, and the fuller-blooded the person is the cooler the water should be. As I have said before in my Causes (on page 30), where there is great constipation avoid all harsh, griping, purgative medicines by the mouth, as they are only a temporary irritant, weakening everything they come in contact with. Dr. William McNeal once said in a lecture, "Turn the stomach and liver inside out; disturb, exhaust, or tear into shreds the sensibility of the whole alimentary tract as it passes along out of the body, etc.," but, if necessary, use the following medicated injection in place of the clear water every night or every other night for some time.

Warm Water	1 pint
Glycerin	1 teaspoonful
Loaf Sugar	1 teaspoonful
Fine Salt	1 teaspoon, even full

Mix. Inject and retain as long as possible.

Also use red pepper, prepared horseradish, ginger, and homemade mustard on the food and meats. Either one of these four last-named articles tones up the stomach, is a harmless stimulant, helps to abate the disease, and often affords considerable relief.

Diet: Nearly all the food eaten should be of a laxative nature and consist of rye bread; entire-wheat or unbolted bread; sweet Indian-corn bread; sweet graham bread; Boston brown bread, full of fruit, such as raisins, baked in it; sweet johnny-cake; rye pudding; buckwheat cakes, with no grease on them, except butter, over which spread dry sugar, molasses, or maple syrup; and sweet baked beans. And two or three times a week, for supper, eat a bowl of sweetened Indian pudding, milk, and gingerbread.

All the above things are very palatable, and will be relished by nearly everyone, and after eaten a few times will be craved for. All ripe fruits such as apples, pears, plums, etc., should

not be eaten in a raw state, but baked, stewed, or canned. Also eat potatoes, all kinds of broths that are not rich, and a little tender meat once a day. Now, my friends, if you are naturally inclined to have the Piles, once a week carefully read the cause of them in this book. Read it over and over again until you know it by heart, and you will go to the grave free from them.

N. B.—How To Use or Apply a Salve or Ointment: In all ordinary cases the application of an ointment may be made with the end of the finger, but if the disease has become deep-seated, with much soreness, pain, tenderness, and up out of reach of the finger, the Pile Pipe should be used. If the patient suffers during evacuation of the bowels, an application with the Pile Pipe should be made before and after the bowels move. One of the best hard-rubber Pile Pipes on the market is made by Dr. Kilmer & Co. of Binghamton, N. Y., which can be obtained at any drugstore or direct from the makers.

Here are full directions for using a Pile Pipe: Remove the screw plunger from the ointment barrel, then place a sufficient quantity of ointment in the barrel for several applications; replace the plunger, turning it sufficiently to force the ointment into the small perforated end of the pipe; when thus prepared, insert the tube of pipe

within the rectum, turn the plunger two or three times round or revolutions (they having a milled or nurled head that it may be done easily), thereby forcing the ointment through the perforations of the pipe; then turn the pipe around once or twice, making a more effectual distribution of the ointment to the parts afflicted; then withdraw the pipe from the rectum, when it will be found that the contraction of the muscles has effectually removed and distributed all of the ointment from the surface of the tube, retaining it where it has been deposited, the application being very simple for anyone to do, and free from all irritation and pain. From one to three injections or applications daily will be found sufficient for the desired effect. The above Pile Pipe is cleanly to use, very simple in its construction, and so compact that it can be carried in the pocket charged or filled with any ointment ready for use.

PART III., VOL. I.

COMMON DISEASES OF THE FEET

This third part of Volume I. treats on common diseases of the legs and feet, such as Hard and Soft Corns; sore, hard Bunions; inflamed, soft, or puffy Bunions; Ingrowing Toe-nails; Callouses; Chilblains; Frostbites, and Frozen Feet; or frozen parts of all kinds; also odorous or perspiring feet, weak ankles, swollen ankles, cold, clammy feet in the fall and winter; also hot, tired, burning feet in the spring and summer; cramps in the calf of the leg, etc.; giving all the symptoms, causes, preventions, and a large number of the best treatments and formulas, easily prepared and carried out for their permanent cures.

CORNS.

My dear suffering feet, when your master or mistress reads the heading of this book, do not

think for one moment that I am trying to sell a corn-cure, such as a salve, plaster, lotion, felt-ring, etc. Nay, nothing of the kind! But read me, and I will tell you how to effect a cure. Are you aware that only one person out of ten has perfect feet, or feet that are entirely free from disease of some kind? How many persons there are who go hobbling around year after year scarcely ever taking a minute's comfort when away from home, or even in it, all on account of their feet, or corns, as they are usually called, which are one of the pet evils of American civilization; and there are very few other little things or ailments which cause so much annoyance, and in some cases severe misery and actual pain, as corns. They consist of, or are, the production of a gradual thickening of the outside layer or scarf-skin upon different parts of the foot, causing it to gradually form into a hard, sensitive, horn-like substance, undoubtedly entirely caused by or the result of long-continued pressure, and are usually found upon the skin of the toes or different parts of the foot, and are ordinarily the product of wearing too small and ill-fitting or badly made boots or shoes, which are too large in a particular place where they should be smaller and too small in another location or spot where they should be a great deal larger, which

causes a pressure or friction either directly upon the skin of some particular part of the foot or the rubbing together of one toe against another where the footwear is too large. Corns are too common to need any lengthy description.

Every person who has one or more of them knows it without being told of it, hence I will briefly say there are two kinds of Corns—soft and hard. Essentially, they are the same, differing only in their formation, location, and rapidity of growth; both are produced in the same manner, as stated heretofore. Soft Corns usually occur or start between the toes and are caused by perspiring feet or excessive perspiration; this unnatural moisture which exists to such an extent in consequence, causes the thickened skin on the Corns between the toes to remain permanently saturated, keeping them or a certain part thereof soft. In this wet or moist state they generally are more painful than those that are hard and located upon the toes. Corns on the bottom of the feet sometimes become inflamed, gather, and break the same as a boil.

Treatment and Cures.—First remove all pressure or friction by wearing stockings that do not draw up or contract the feet and larger, soft shoes or boots, also badly fitting ones. Don't try to wear a No. 5 shoe when a No. 8 will fit the

best. It is strange that persons will cripple themselves and suffer untold misery for years by wearing shoes that pinch their feet. No one but a vain person will do such a foolish thing. Large feet and large noses are sure signs of natural smartness and brightness, although these traits many times are never developed, owing to the lack of opportunity or the necessary means for bringing them into prominence. Remember, in relieving the tender part from pressure, the sorest and most troublesome Corn will cease to give any annoyance or pain and in time finally disappear altogether, if only such shoes are worn as afford ample (not too much) room for the feet. If this plan is not followed out, it becomes absolutely necessary to resort to the next best plan, and that is of removing the hard growth outright in a harmless way. There are a dozen different ways for removing Corns, such as with liquids, salves, plasters, felt-rings, etc., but the following formulas are the best and surest of them all; and by using any one of them as recommended, they will disappear in a short time, only some will work quicker on one person than on another, which is owing to certain business occupations and kinds of shoes or footgear worn.

Cures.—First the following preparatory treatment should be precisely carried out before a Corn is treated by medicine, salves, etc., also before any of the following preparations or so-called Corn Cures are applied. At night, before retiring, first slowly and carefully pare or shave off with a sharp knife as much of the Corn as you can without causing it to bleed. If the Corn is very sore, first soak it in warm water for ten minutes, or, better, keep it well saturated with Alcohol, Spirits of Camphor, Tincture of Arnica, or any liniment which makes it easier to remove and numbs its sensitiveness. This well done, especially at night, which is the best time, as it gives the foot several hours' rest, the Corn is half cured before its final removal has been commenced. And if nothing more than for a few days, a piece or strip of cotton or linen rag is wet with Arnica bound and left on all night; and occasionally in the morning, after the stocking is drawn on the foot, directly over the Corn moisten it with clear Tincture of Arnica, it will relieve a world of misery and pain, even if the Corn is not thereby cured. Then in addition, if desirable or wished, a simple thing can be done which, in time, will cause the Corn to entirely disappear without any inconvenience, which is to wear a piece of thin

felt with a hole in the center large enough to receive the core or tender part of the Corn. The felt should be made fast or attached to the healthy skin around the corn or toe, so when walking it will not move from its proper place or position. This can be done with narrow strips of adhesive plaster or common sticking plaster. Thus, it can be seen at a glance, the Corn, being protected from friction or pressure from whatever worn, in the course of time will entirely disappear.

QUICK CURES.

To remove a Corn in a few days or one night use any of the following treatments:

No. 1 Formula.

After the Corn has been prepared as stated on the preceding pages, wet or moisten the Corn with water, then rub the surface thoroughly over with a stick of Lunar Caustic, which can be obtained at a drugstore, after which cover with a piece of common sticking plaster, which should be a little larger than the Corn; and leave the same on for from one to two weeks, at the end of which time a thick scab will come off or is loosened

from the toe or part of the foot where the Corn has been located, and with which the Corn or core is usually brought away. Generally one thorough treatment ends the trouble.

N. B.—When the lunar caustic is applied on the Corn, do not get or rub it on any of the healthy soft skin around it. Caustics, acids, and things of a similar nature should only be applied directly on the hard, thick surface commonly called a Corn or Callous.

No. 2.—A Painless Destroyer.

Buy at a drugstore:

Tincture of Iodine	1 dram
Tincture of Aconite	2 drams

Mix together and apply with the cork on the Corn; a few nights' using will remove them in a painless way.

No. 3.—For a Sore, Swollen, Inflamed Corn.

Take half a teacup of strong Vinegar; crumble bread enough into it so that after it is thoroughly mixed it will not be too thin; at night before retiring bind some of this onto the Corn in the shape of a poultice, and leave it on until

the next or following morning. Sometimes it is necessary to repeat this treatment from one to three times more before the Corn can be picked or dug out. The first application takes away all soreness; and remember in removing the Corn be sure and get out the central part called the seed or core, for it is right under this spot that the greatest soreness and tenderness exists.

No. 4.

Take a piece the size of a quarter of a dollar of Lemon Skin (rind) with a little of the lemon pulp left on. At night, before retiring, securely bind or tie the meat or pulp side on the Corn so it cannot move, and leave this on until the next or following morning, when, very often the entire Corn will come off in the shape of thick, wet paper; and nine times out of ten, even if the Corn has not been previously prepared, by taking a little time you can take a sharp knife and remove the entire Corn or a considerable portion thereof—at least so much that the result will be not one particle of soreness remains or is left during the day. Sometimes, in very old Hard Corns, it may require from one to two or more treatments to effect a permanent cure. I can swear by this, as I have tried it myself on my own feet.

No. 5.

Take a piece of common Chalk the size of a hickory nut; scrape or pulverize it very fine with the flat side of a knife or the face of a hammer; mix just enough Linseed Oil with it to form it into a thick paste, which place on a piece of cotton cloth in the shape of a lump. At night before retiring securely bind this on the Corn and leave it on all night; repeat this for a few nights, when the corn will come off in scales or layers and gradually disappear. If they are indurated and very painful, the relief it gives in a short time is most grateful. For some time after its removal, during the daytime, bind on a small piece or strip of soft old cotton cloth saturated with the clear Linseed Oil. Or, instead, apply it on the part of the stocking directly over the Corn.

No. 6.

Get at a paint shop a few cents' worth of White Lead, at night before retiring roll up a lump about the size of a pigeon's egg, lay it on a strip of cotton cloth, and securely bind it on the Corn; leave on until the next morning, when clean off, and during the day wear a very thin layer of dry cotton batting over it. If this be done for a few nights in succession, using a fresh

lump of White Lead each time, it will cure the worst Corn on the face of the earth, and that in a very short time. The first or second treatment will take every particle of soreness and inflammation out of it. The Corn will gradually disappear, and you will never know where it went. This I consider the best of all corn cures. And it will cure a sore, calloused Bunion and Callouses on the bottom of the feet, as well.

No. 7.

At night before retiring take a large Raisin or Cranberry, and with a sharp knife cut or divide it in the center (middle), bind one-half on the Corn, which leave on until the next morning. Even this simple thing, done every night for a week or ten days, will cure or remove the worst kind of a Corn.

N. B.—In all cases, for a few days after a Hard Corn has been removed, tie or bind a little cotton batting, or a thin strip of soft cotton cloth moistened with grease of any kind, over where the Corn came off or out. The object of this is to keep the new, tender skin from becoming irritated by the shoe and stocking or whatever worn.

To Cure Soft or Puff Corns.—The worst Soft

Corns, which occur between the toes, can be cured in less than one week by simply before retiring at night, or once or twice during the day, wetting a narrow piece or strip of soft rag or small lump of cotton batting with Spirits of Turpentine, Arnica, or any good liniment, even Spirits of Camphor; and securely fasten or bind it on the Soft Corn or around the toe upon which the Corn is situated so it will remain there. After the Corn has been removed, or has disappeared, wash or bathe every night for some time with a little strong Alum-water to harden the skin.

N. B.—The same material that is bound around the toe can be wet directly over the Corn for a day or even two, without its removal, with whatever medicine used.

Callouses, also called Corns, on the bottoms or sides of the feet; how to cure in one treatment.—First while they are dry carefully shave off with a sharp knife all of the thick substance you can without causing it to bleed; then soak the foot for ten or fifteen minutes in as hot soap-water as you can bear, after which rinse with clean water and scrape off with a dull knife what is left of the callous; and lastly rub with the bare hands and wipe dry. Then take off all harsh pressure; or if on the bottom of the foot,

wear soft felt insoles, which should be prepared precisely in the following way: First, the shoes should be roomy enough to allow room for the insoles, which should also be large enough to fit the shoe in every way, to prevent shifting or moving under the foot when walking or moving about; next, exactly where the calloused or hard places were the largest and thickest thin the insole down, which can be easily done with a sharp knife by shaving or cutting off one-half (more or less) of the felt next to the foot. Thus it can be seen that this relieves the calloused place or places from a certain amount of pressure and allows of its rapid and permanent cure; also at the same time, if they have been sore or tender, it affords instant relief and freedom of the whole foot in standing upon or walking about.

N. B.—A Callous, which is sometimes called a Corn, on the sole or bottom of the foot is usually very difficult to cure unless the above treatment is precisely carried out, as the weight of the whole body causes a constant pressure upon it which is at once entirely overcome. Callouses only form on certain kinds of weakly or diseased feet, and persons who are naturally troubled with them should, after once removed or cured, rub or apply a little good liniment on the parts every night, or at least two or three times a

week, which will keep them in a healthy condition.

CHILBLAINS AND FROSTBITES.

Chilblains and Frostbites.—Chilblains are a slight inflammatory swelling of the skin. Frostbites are of a more serious nature. Both occur on different parts of the body, but principally on the feet, and particularly on the heels and sides; also upon the hands, fingers, and sometimes on the nose, face, and lobes of the ears. They are produced or caused by the action of cold, such as exposure to sudden changes of temperature in severe cold weather.

Symptoms of Chilblains and Frostbites.—Inflammatory swelling of the diseased parts; generally look red or a dark, purple, lead color; tenderness upon pressure; intense itching or tingling, also smarting and burning pain; lameness or sometimes even worse. They are accompanied by blisters, which after formed break and make or run into ulcerated sores in the skin below, of which sometimes thick layers will slough off, making a very troublesome sore to heal in cold weather. Some certain debilitated children, especially those of a scrofulous habit, and

grown-up persons of a similar nature, generally seem to be prone to them. The first few cool days that come on in the fall when the least mite exposed to cold, they are all wizened and shriveled up. Teeth chatter, lips become colorless, hands and feet like cakes of ice. Then, not being satisfied with this unnatural feebleness of circulation and general health, to help the cause along tight thin shoes must be worn without any other protection over them. In women tight garters; skin-tight gloves that are worse than none; two small straws tied with a ribbon (price five dollars) for a hat, to protect the great thinking machinery of the house in which we live—the head and brain (the same headdress is supposed to protect the ears); and last, but not least, the use of too tight corsets. This continual aggravation of these parts from cold for a considerable length of time, and then rapidly warmed by holding the parts such as the hands or feet too near the fire after exposure to cold—this sudden change of temperature repeated too often partially destroys the life and vitality of the skin or parts, which prevents the proper flow of blood through them. Thus it can be seen that the most tender and sensitive parts, especially when exposed to cold in the aforesaid way, become the seat of the whole trouble.

Cures.—As the common cause of Chilblains and Frostbites is cold and heat, resulting from a languid or sluggish retarded circulation, brought on partially from carelessness and exposure, all that can be done for them is to allay the inflammation and irritation by the use of external applications, and necessarily with tonics improve the general health. The value of any of the following treatments, which are calculated to act as soothers and healers, also as stimulants of the blood vessels of the diseased parts, and thus promote to health the partially destroyed motion of stagnant blood, which gives rise to the distressing trouble, than by avoiding the cause as much as possible. Any of the formulas given hereafter will effect a cure if curable, and the more thoroughly done the quicker the cure and the more permanent.

No. 1 Formula.

Mix, or thoroughly dissolve, two heaping tablespoonfuls of common Baking Soda in half a pail of hot water, and when cool enough soak the foot or parts affected and leave in for fifteen minutes, as hot as can be borne by the patient. Then wipe dry and apply a little Kerosene Oil on the inflamed surface. This repeated every

evening for a short time will cure them. Or, instead of using the Kerosene Oil, take Witch Hazel, two ounces; Glycerin, one-half ounce; mix, and use the same as you would the Kerosene Oil. This acts quicker, and is very soothing.

No. 2.

Slice a few small, clean, unwashed raw potatoes with the skins on, one-fourth of an inch thick; spread a layer over the bottom of a small pan and sprinkle fine salt over them; then spread another layer over the first layer and sprinkle salt over the second layer, and so on, until three or four layers are in the pan. As soon as the liquid therefrom forms on the bottom of the pan apply this on the Chilblains and heat in dry by the fire; repeat this several times at each treatment, and from one to three nights' using will effect a cure. This is a very efficacious old-time remedy.

No. 3.—Chilblain Lotion.

Spirits of Camphor	1 ounce
Liquor of Subacetate of Lead	$\frac{1}{2}$ ounce

Mix, and use from one to four times a day. Apply the same as you would any liniment. It is one of the best.

No. 4.—Fine Chilblain Lotion.

Dissolve thoroughly one ounce Muriate of Ammonia in one-half pint of strong Cider Vinegar, then add one-half pint of Alcohol. Mix, and apply three or four times a day; nothing better.

No. 5.

In looking over an old farm journal, I came across this formula for Chilblains, and seeing it was a good one I deem it worthy of a place in this book. It is or reads as follows:

Sure Cure for Chilblains.—Concentrated solution Chloride of Iron, two ounces. Apply nights before retiring, or any time. It is spoken of as an unfailing remedy for them, its application to them for a single day generally effecting a cure. It may also be used with equal advantage for Frostbites, where the skin is not raw or broken.

No. 6.

At night before retiring first rub on, and also saturate a strip of cotton cloth with, the best Kerosene Oil; bind it on the affected part, and

hold it near a stove or in the oven for a few minutes as hot as can be borne. A few treatments will cure the ailment.

All the above formulas should be used before the skin is broken, or, in fact, in its earliest stage, which is when the soreness first comes on.

No. 7.

All Frostbites or Chilblains in their first or simple form can be cured in a few nights, if after bathing or holding the affected part in hot Mustard Water for fifteen minutes wipe dry and gently rub on a little clear Kerosene Oil; or any liniment that can be taken internally can be used in place of the Kerosene Oil. Also, on arising in the morning, before dressing the feet, apply a little more of whatever oil or liniment is used the night previous, either directly on the affected part, or moisten the stocking or whatever other material that is bound on for protection, of course omitting the hot Mustard Water bath.

No. 8.—For Broken Chilblains or Frostbites.

One of the best things in the world to do if the skin is badly blistered, raw, or broken, and very sore.

Mix together:

Witch Hazel	2 ounces
Glycerin	$\frac{1}{2}$ ounce

Apply during the day.

If obliged to walk or be on the feet, keep a thin layer of white cotton batting wet with it bound on the affected part, and also in the beginning, if necessary, for one or two nights bind on a wheat-bread and milk poultice, which is very soothing and also draws out the inflammation.

No. 9.

N. B.—Frostbites or Frozen Limbs, when first discovered, must be kept away from the fire. Thus thereby will be saved a world of trouble. Thaw out the part very slowly by rubbing it with a lump or ball of snow, which if not at hand or quickly found use ice instead, or hold in very cold water. If on a part that this cannot be done, apply it with a soft cloth, the patient remaining meanwhile in a moderately warm or cold room. After circulation is restored through the part, if cold water has been used in any way or shape, and heat is added, it must be in a very gradual manner, by pouring in now and

then a very small quantity of warm water with the cold. The final thing that should be done is to apply brisk friction by rubbing the part gently with the bare hand. After circulation is restored through the part, lastly mix together and apply by degrees:

Witch Hazel	1 ounce
Glycerin	$\frac{1}{2}$ ounce

If more convenient to get or make, mix and use instead:

Spirits of Camphor	1 ounce
Sweet Oil	1 ounce

Or, if very severe, mix together:

Hot Vinegar	$\frac{1}{2}$ pint
Spirits of Camphor	1 ounce
Glycerin	1 ounce

And apply.

Where there is a great deal of pain first, for a few hours apply a poultice made of Wheat Bran and Milk. The principal thing in restoring frostbitten or frozen parts from cold is to communicate warmth or heat when it is necessary

either with medicine or warm water in the most gradual manner. The degree of external heat should be in proportion to the quantity of life left in the body or part affected. When it has been destroyed by cold to such an extent that life is nearly extinct, warmth imparted must be small and by degrees—*i. e.*, no faster than circulation or life returns. And now, in conclusion, by all means after cured or any time during cold weather, when the parts, especially the feet, are exposed, wear merino or cashmere stockings, and large soft shoes or boots—at least have them roomy over the tender or affected parts. And if exposed to very severe winter cold, in addition wear cloth-lined overshoes, loosely fitting or located. In certain persons there seems to be a predisposition to Chilblains or Frostbites, and if the parts have once been touched by the frost, even enough to cause them trouble in its first stage, tenderness to cold is established, at least to a certain extent, upon the slightest provocation; and for years after, when the parts are exposed too suddenly from cold to warm or great heat, are apt to become irritated. So they become inflamed, look a dark red, and are painful or sore to the touch. Particular care should be taken in regard to other parts of the body. Wear warmer or extra underclothing as well as

heavier or extra outer garments. On the hands fur- or wool-lined gloves should be worn, and the same extra protection on the head and over the ears, regardless of style. Thousands of persons go to their graves years and years before living out their allotted time all on account of style, which is nothing more or less than unnecessary exposure or wearing summer clothing in winter.

How To Cure Cold, Clammy Feet and Hot, Tired, Burning, or Aching Feet.—To cure diseased feet of the above said nature, which so many old and young persons at the present time are troubled with, is a very simple and easy thing to do, if the treatment hereafter given is faithfully followed according to directions. I find those that are troubled with cold, clammy feet in the fall and winter time generally to a certain extent are annoyed with hot, tired, burning, aching feet in the spring and summer.

This harmless treatment, to a certain extent, toughens and hardens the feet, so that even if one ever has had Chilblains or Frostbites this will prevent their reoccurrence at some future time. It also cures weak and diseased sweat glands and prevents many other ailments of the feet.

CURES.

No. 1.

Take two good-sized handfuls of the inside tissue of White-Oak Bark, which if gathered green should weigh at least two ounces. Steep for three hours in one and one-half pints of hot water, strain, and add a heaping teaspoonful of powdered or pulverized Alum; mix and bottle.

Or, instead, use this,—No. 2,—which can be obtained at any drugstore:

Fluid Extract of White-Oak Bark	1 ounce
Tincture of Arnica	1 ounce
Witch Hazel	8 ounces

Mix, bottle, and use either one as follows: Before retiring at night, first, for at least ten minutes, thoroughly soak and wash the feet with soap and hot water. Then with a dull knife scrape off all loose or dead skin that is or may be on their different parts; or it can be rubbed off with the bare hands while they are in clean water free from soap, and also after they are partially wiped dry. If this is done thoroughly you will find that there is more or less dead foreign matter on such feet or feet of said nature; after which, if used warm, which is better in cold

weather, pour into a small tin cup as much of the No. 1 or 2 White-Oak Bark Solution as would naturally be used at one time; apply it several times all over the feet and let it dry in near the fire. If either one of the above are used every night for one week, and every other night for a week or ten days more, and occasionally afterward, you will never know what a diseased foot of the above nature is.

N. B.—Either of these preparations can be used in the same manner, cold instead of warm if desired.

Perspiring or Sweating of the Feet.—Excessive perspiration of the feet causes many discomforts and annoyances, such as odorous or “stinking” feet, as I have heard them called so many thousand times. Many years ago I knew a man that on several occasions broke up a meeting—actually made a room full of healthy people so sick to their stomachs that nearly two-thirds of them left and went home all on account of his “stinking” feet, which is just the proper word to use. Some time after, this man came to me for medical treatment; and unbeknown to him, also for the sake of experiment, I entirely cured his feet forever after with nothing else but good advice, washing soap, and plain water, which I

had him color with a little washing bluing that I gave him, which I made him believe was to medicate the water he used.

Cause.—The principal one is uncleanliness or neglecting to wash the feet often enough and in the proper manner, also to wear the right kind of shoes and stockings when the disease first makes its appearance.

Treatment No. 2.

The worst case of the above nature can be cured in a short time by simply every night before going to bed wash the feet with soap and warm water. First rub them while wet with the bare hands, and afterward do the same thing with a towel while they are drying. This is to promote a healthy action. Then rub them all over with salt and water made at the strength of one heaping teaspoonful of salt to a teacupful of water, stir up well and use hot, and apply for one or two minutes before drying; and what is left keep for further use. Also the next or following morning sprinkle a little powdered or pulverized Alum, or instead use the following "No. 2 Absorbing Powder" all over the bottoms of the inside of the shoes and also on the outside of the stockings on the top of the feet. This treat-

ment followed up every night for a week, and every other night for a week or ten days longer, will cure them if curable.

Every person, old or young, if nothing more than for health's sake, ought to soak and wash the feet thoroughly at least once, or if employed in certain occupations, better twice a week with soap and warm water, after which remove all the hard dead skin by rubbing or with a knife. Even this simple thing, that only takes a few minutes, will prevent any excessive perspiration, also in time cure many other annoyances and also diseases of the feet, even if nothing more is done. The best time to perform this duty is just before retiring or going to bed.

N. B.—Persons who naturally have tender feet, or are even inclined to a disease of the above nature, should never under any consideration, winter or summer, wear woolen stockings; cotton ones are to be preferred. But when the feet are exposed to severe cold or storms, they should by all means wear extra covering, such as cloth-lined overshoes (not rubbers), the same as we wear overcoats to protect our body and gloves or mittens to keep the hands warm.

No. 2.—Absorbing Powder.

To cure excessive perspiration, which causes

wet, cold, clammy, tired, odorous, and many other diseases of the feet, mix together:

Carbonate of Magnesia	4 ounces
Calcined Alum	4 ounces
Pure Corn Starch	1 ounce
Orris Root	$\frac{1}{2}$ dram

All to be prepared or pulverized to the finest dust-like flour; and use mornings as stated before, by sprinkling a little over the bottoms of the inside of the shoes and over the outside of the stocking on the top of the feet. As soon as the feet resume their healthy state and the excessive perspiration leaves them, use the powder less often. It is a sure cure.

BUNIONS.

This uncomfortable, ill-looking, and sometimes painful affliction or ailment is an addition or enlargement of the great-toe joint. Nineteen times out of twenty, in the beginning it is caused from cold or frostbitten feet, and the other once out of twenty from wearing improper, such as too tight or badly fitting, boots or shoes. It is an inflammation, enlargement, and hardening of the small membranous sac containing

the oily secretion of the joint. This sac is situated on the inside of the ball of the great or large toe, causing pain and sometimes an enlargement the size of a pigeon's egg. In some it is at times covered with a thick callous, and so sore that the part of the shoe which covers or is directly over the bunion has to be thoroughly slit-ted, or a large hole cut out instead, so that the shoe can be worn at all. I have known it to affect the sciatic nerve of the entire leg from re-peated attacks of inflammation, causing great suffering.

CURES.

No. 1 Formula.

A suddenly inflamed or hard, old, sore, swol-len Bunion from whatever cause, when treat-ment is commenced, demands a larger soft boot or shoe and loose stocking. Then first make a poultice out of Wheat Bran; change it once in fifteen or twenty minutes for two hours, then if necessary three or four times a day till inflamma-tion is partially subdued, after which for some time, nights and mornings, apply a liniment or lotion made by mixing together two tablespoon-fuls (one ounce) of Tincture of Arnica and one tablespoonful (one-half ounce) of Glycerin, and

apply once or twice a day. In the future do not wear shoes that press against the end or on the large-toe joint, or that irritate any other part of the foot in any way, and there will be no more trouble. If ever again it is tender from excessive walking, for a few days wear a sticking plaster made of brown stick Diachylon, also called lead plaster, of which buy two or three cents' worth at a drugstore, where it can always be found. Prepare a plaster from it in the following way: Take a piece of cotton cloth a little larger than the Bunion, upon which shave a little warm or melt it enough so it will stick; or it can be made by melting the end of a piece and dropping it on the cloth; and apply while warm. It is very soothing, and a wonderful protection against any external irritation.

No. 2.—For an Old, Chronic Bunion.

Once a day, for at least fifteen minutes, let large drops, or a small stream about the size of a rye straw, of cold water from a mill pipe, wash-tub, barrel, raceway, or any high elevation fall directly upon the center of the swollen part of the Bunion, after which wipe dry and apply any good liniment; or let fall a stream of hot Baking-Soda Water, using two heaping tablespoonfuls of Soda to two gallons of water, letting it fall

from the highest elevation from which it can be borne without causing too much pain. Apply it in the following way: Fasten a funnel on the side of a table or something still higher, first stopping part of the mouth or hole in the tube with a cork or plug of wood so it will run in a very small stream; put the foot into a pail or deep pan directly under the funnel, and then out of a tea kettle or any other utensil slowly pour the Soda Water into the funnel which for at least ten minutes should fall on the Bunion as hot as can be borne by the patient. The same water can be used over and over again. Either one of the above treatments followed up for a short time will effect a cure, providing nothing is worn that irritates or presses against the Bunion while under treatment and for some time after cured. For, remember, even after partially or entirely cured, one single day's irritation from a tight shoe or one that presses harshly upon it will put it back in a painful or inflamed state again that you have been weeks in removing.

No. 3.—For a Sudden or Acute Bunion.

At night before retiring rub the Bunion well with any good liniment that will not blister; then

saturate a piece of white flannel the size of a silver dollar with a little more and lay it upon the Bunion, over which lay two thicknesses of newspaper; lastly take a hot flatiron and rub it gently from three to five minutes over the paper as hot as it can be borne. This treatment, if followed up for a short time, will take the swelling, soreness, and inflammation out of it, so that you will never know you had one. This treatment has cured old Bunions on persons who were friends of mine and who had been troubled with them anywhere from three to fifteen years. Bunions, in their first stages, before they are very sore or give much trouble, may be checked by binding the joint with adhesive plaster, which can be obtained at any drugstore, keeping it on until the enlargement entirely disappears.

Sometimes, at first, it causes a little inconvenience, which soon wears away. Or, in place, use the brown stick Diachylon plaster (see last part of No. 1 Bunion Formula), which should also be worn on a Bunion that has once been cured and ever afterward hurt or irritated by cold, shoes, or any other cause.

INVERTED OR INGROWING TOE NAILS.

This troublesome and most painful affliction of the nails, generally of the large or great toe, is in some persons an exceeding and very serious ailment, causing much discomfort, misery and pain, especially during the daytime when obliged to be on the feet or walking. If the nail is growing deep down into the flesh the patient at times is unable to bear the slightest pressure, even a thin stocking or shoe, over the toe. The principal cause is wearing too tight shoes or boots, also stockings that draw or compress the whole foot together; these stockings are generally two or three sizes too short and small in every way; then with the aid or help of whatever is worn over them, which of course must be small in proportion, presses the great or large toe and the next one or second toe together, which one is really the offender and seat of the whole trouble, causing the flesh to be pushed upon the nail, which rounds or humps it up in the back, causing the soreness and swelling by the presence of the nail growing directly and deeply downward into the flesh, instead of lengthways and flatways over the sides. The second or chronic stage is

that after a time, the flesh or lap continues to rise higher and lean or crowd more and more over on top of the nail, and which, owing to the pressure upon the sides and especially upon the ends, causes or forces the side of the curved or rounded part of the nail to cut or push down deeply into the flesh. At first it only causes slight pain, which after a time increases, when relief is sought, which is done generally through ignorance in the wrong or an improper manner, by the use of a small knife blade cutting or gouging out as much as possible of the curved or hidden part of the nail—that is, under the lap part of the flesh, which only gives temporary relief and immediately causes the nail to grow entirely wrong where it was cut off, and as the shoe or boot presses the tender flesh more and more against the side and sharp-cut front corner edge of the nail, which thereby, in return, in due time causes the flesh to become moist, poisoned, and raw. After a time the constant irritation of the flesh, especially if allowed to continue long, excites and causes inflammation, ulceration, matter, or pus; and sometimes proud flesh sprouts up. In this condition, if cold is taken, blood poisoning is liable to set in and cause death.

TREATMENT AND CURES.

No. I.

First file crossways with a small, narrow, coarse file a flat place on the top of the nail; or scrape lengthwise evenly with a sharp knife or a rounded, or broken, sharp piece of glass a hollow, narrow place the whole length in the middle or center of the nail; file or scrape it very thin, but not entirely through, then cut the ends off short, the shape of the toe (a little rounding), leaving on nearly the whole of the corners. This makes the nail weak in the back, causing it to contract or draw up from the sides; in a few hours' time all pain will have disappeared, especially if a very little cotton wet with liniment or smeared over with vaseline or a good salve is inserted or gently pushed under the front edge or between the side of the nail and skin. If this is done every time the nail is pared (cut) or a new half grows out again, there will be no more pain or soreness. Now to remove the lap or thick, fleshy skin surrounding the nail, which is the whole cause of the trouble, also all the pain, and not the nail itself as everyone supposes, treat it in this way: Put a small lump of Mutton Tallow, Lard, or, what is still better, Brown Diachylon

in a teaspoon and slowly heat it over a lamp until it becomes very hot; it ought to boil or rise up in bubbles. Then with the fingernail, a hairpin, or small stick draw the end of the lap as far away from the nail as you can and pour two or three drops of the hot preparation on or between the nail and the lap or flesh. If the lap and side of the toe are first rubbed for one or two minutes to numb it, the same as a person would rub or pinch an ear before it is pierced, the hot tallow or whatever else is used will cause no pain whatever, and it should be left on or between the nail and lap for several days or a week, at the end of which time nearly the whole flesh growth will come or drop off in the shape of a dry scab (granulation); and what is left of the lap is of such a hard, dry nature and so destitute of feeling that it generally can be cut off with a small pair of shears or a sharp knife, leaving the side of the nail exposed so that it can be cut or pared away without a particle of pain. The whole operation causes little or no inconvenience if properly done, and forever cures it. I have had hundreds of persons try this whole Ingrowing-Nail treatment, and I have yet the first person to find for whom it did not perform a permanent cure.

N. B.—If the lap or flesh growth is very large,

it is sometimes necessary to repeat the hot application the second time; but generally the first treatment will surprise you; and by constant use your Ingrowing Nails will be cured.

No. 2.—To Prevent all Toe Nails from Growing into the Flesh.

All the nails of the feet that are hard and inclined to grow rounding, called humped up and thick in the middle or center of the back, are bound sooner or later to grow more or less into the side of the flesh, especially of the great toe. This can easily be prevented so as never to cause the least mite of trouble whatsoever, simply, when the feet are washed or the nails cut or trimmed, by doing precisely the following: Cut the ends short and the same shape as the end of the toe, which will answer for a guide, and if noticed is a little rounding, after which scrape a flat place in the center of the nail lengthwise from the root or quick to the front end. This immediately renders or makes the nail weak in the back, contracts it, which otherwise would grow so that the side that would otherwise grow down into the flesh will naturally rise up, so even if the nail or its shape is essentially changed and in time gone by has caused much annoyance,

it is impossible, if properly and thoroughly done, that it should cause you any further trouble or pain. Do not fail to try this, and see how one treatment will surprise you; and by constant use your ingrowing toe nails will be cured.

Treatments and Cures for Tired Feet, Swollen Feet and Ankles.

At night before retiring first bathe or hold them in a pail of hot water for ten minutes, then wipe dry, and over the swollen or tender parts bind on with a strip of cotton cloth two or three thicknesses of green Plantain Leaves, which should be left on all night. If the Plantain Leaves are newly gathered, first break off the stems, then wilt or soften them a little, which can be quickly done by taking a handful and pressing or closing the fingers firmly on them a few times. If they have been kept for some time for future use, they will be crisp and dry and should be immersed in warm water for a few seconds, which will bring them back to their natural flexibility, and you can use them as if gathered green. A few nights' treatment will cure them.

Treatment for Weak Ankles.

The worst case can be cured in a short time

by the following simple treatment: At night before retiring put your foot on a chair; then with the thumb and fingers of each hand for five minutes rub them up and down, both at the same time, rubbing the front part of the ankle with one hand and the back with the other. Then, lastly, apply clear Alcohol or any good liniment, or, better, have made up the formula given on page 9, Part I., Volume I., called "Magical Wonder Liniment," which will quickly do wonders. A person will feel a benefit from the first treatment. It should be thoroughly continued for some time, in order to strengthen the ankles permanently.

Treatment and Cures for Cramps in the Calf of the Legs, etc.

Cramps, which are experienced in the instep, calves of the legs, and the thighs, generally come on in bed at night, and are a very painful, sudden, and violent contraction of one or more muscles. The way persons have expressed it to me they would say that their legs from the knees down would double or draw up into knots, and claim sometimes for a moment they would scarcely know what to do, the pains being **so** severe and of such a serious nature.

Cause.—Excessive labor (work), such as walking too often up and down stairs, getting in and out of a wagon, standing on the feet too much in one place, too long walks, crossing the feet or legs too long; while lying down or sleeping on the back with the feet drawn up or knees up in the air, as it is commonly called; bicycle riding, etc., which puts too much work on the muscles, straining them to such an extent that it produces the Cramps.

CURES.

No. 1.

When an attack occurs or suddenly comes on in bed always have near by a handkerchief, a strip of strong muslin, or a large cord, which quickly tie, or have some other person tie around the leg just above the affected part or muscle. This, if it can be done, will generally produce instant relief. After the Cramp has entirely disappeared, thoroughly rub the part with Alcohol, Liniment, Spirits of Camphor, or anything stimulating and penetrating.

No. 2.—A One-Minute Cure.

The above or aforesaid No. 1 treatment is all right as far as it goes, but where a person has

a cramp come on in an instant, in the middle of the night, and so severe as to nearly drive him to distraction, it is impossible for him, especially when all alone, to do anything—even move about or turn from one side over onto the other. Now, my friends, I have sympathy with every person who has or has ever had Cramps, as I had them when I was young, and about as badly as anyone ever had them, which I cured in a short time in the following way (and the worst case can be relieved in less than one minute without any medicine in this way): The instant you feel the Cramp or it awakens you out of a sound sleep, first draw up the foot as much as you can toward the shin-bone, and at the same time stretch the whole leg out straight and hold it there for a few seconds, when the cramp will quickly disappear. As soon as it is gone rub where the cramp was briskly with the naked hand; no remedy is equal to it right at that moment, as long-continued friction with the bare hand will strengthen the weak, overtaxed muscles; and to avoid a recurrence of it again every night rub in well the "Magical Wonder Liniment," Spirits of Camphor, or any good liniment you have in the house.

Twenty-eight "Never" and "Don't" Pointers
about Footwear.

The first fourteen of them are by Dr. Samuel Appleton, and the second fourteen are by myself, Dr. H. A. Rethcef, which every person will derive comfort in heeding.

1. Never wear a shoe that will not allow the toe to lie in a straight line.
2. Never wear a shoe with a sole narrower than the outline of the foot traced with a pencil close under the rounding edge.
3. Never wear a shoe that pinches the heel.
4. Never wear a shoe or boot so large in the heel that the foot is not kept in place.
5. Never wear a shoe or boot tight anywhere.
6. Never wear a shoe or boot that has depressions in any part of the sole to drop any joint or bearing below the level plane.
7. Never wear a shoe with a sole turning up very much at the toe, as this causes the cords on the upper part of the foot to contract.
8. Never wear a shoe that presses up into the hollow of the foot.
9. Never wear the top of the boots tight, as it interferes with the action of the calf muscles, makes one walk badly, and spoils the shape of the ankle.

10. Never come from high heels to low heels at one jump.

11. Never wear one pair of shoes all the time, unless obliged to do so. Two pairs of boots worn a day at a time alternately give more service and are much more healthful.

12. Never wear a leather sole lining to stand upon. White cotton drilling, felt, or linen is much better and more healthful.

13. Never wear a short stocking or one which after being washed is not at least one-half inch longer than the foot. Bear in mind that stockings shrink. Be sure that they will allow your toes to spread out at extreme ends, as this keeps the joints in place and makes a strong and attractive foot. As to shape of stockings, the single digital or one-toe stocking is the best.

14. Never think that the feet will grow large from wearing proper shoes. Pinching and distorting makes them grow not only large, but unsightly. A proper, natural use of all the muscles makes them compact and attractive.

Fourteen "Don'ts."

1. Don't wear woolen stockings winter or summer. If your feet have a natural tendency to perspire or have damp, cold spells, always

wear cotton stockings—thick ones in the winter and thin ones in the summer.

2. Don't wear garters to hold up the stockings, but instead hose or side supporters. Garters, no matter how loosely they are worn, impede circulation, benumb, and cause cold feet.

3. Don't wear rubber boots all day long unless absolutely obliged to. If they must be worn, put on very light or thin soft leather slippers inside of them.

4. Don't wear stockings with large darning clumps or lumps upon them, especially upon the bottoms of the feet.

5. Don't wear shoes or gaiters in which the rubber elastic around the ankles is very tight or draws or contracts them, as this impedes circulation and also causes cold and many other ailments of the feet.

6. Don't wear shoes buttoned or laced too tightly, as it will cause all of the same troubles as given above in No. 5.

7. Don't wear thin shoes in cold weather unless extra overshoes are worn over them.

8. Don't wear thick uppers or sole boots or shoes of a like nature in hot weather, as they weaken the feet, causing them to burn and become sore.

9. Don't wear the same shoes outdoors or on the street, especially in winter, that are worn in the house.

10. Don't wear shoes that have become hard from water or rain, unless softened with lard, tallow, or some other greasy preparation.

11. Don't wear either boots or shoes all day, especially in the house, unless obliged to, as they will cause damp, clammy feet.

12. Don't wear rubber shoes continually. As soon as you come in the house take them off, and if obliged to wear them out of doors all day, in place of them wear cloth-lined shoes or arctics.

13. Don't wear or let children wear shoes any length of time where the heels are badly run over on one side; it weakens the ankles.

14. Don't wear shoes with too high heels. If it had been designed for us to wear such outrageous high heels, we would have been born with an extra elevation on that part of our feet. Put the same extra amount or length on a horse's shoes, and he would be unfit to drive and entirely used up in a week.

In conclusion I will say that I have plainly given a great deal of good advice and useful information, also a large number of the very best

formulas or cures for all of the common everyday diseases of the feet. And if any person who has any ailments of the feet makes an effort to cure them, and fails in the attempt, it is his fault and not the fault of this book.

PART IV., VOL. I.

WORMS.

This fourth part of this volume treats entirely on Worms, giving a plain description of all the common and different kinds or species of Worms which inhabit the various organs of the human system, such as Tapeworms, long round Stomach Worms, Threadworms, Pinworms, etc., and their origin; also symptoms, cause, preventions, and a large number of the very best formulas for their entire removal and permanent cure.

Common Worms—Their Symptoms, Causes, Preventions, and Cures.

Worms afflict all ages of the human family—from the oldest person down to the youngest infant. These pests kill more children, directly or indirectly, than teething, scarlet fever, and croup combined. Correct reports show us that nearly one-half of all the children born in this

country die before they are five years old. Just think of this fearful fact! And one-fourth of these are killed unknowingly by Worms. Nine children out of ten who do not enjoy good health, which is generally caused by dyspepsia or a weak, debilitated condition of the stomach and bowels, are troubled with the long round Stomach- or Pin-Worms, which some medical writers on Worms assert or claim are the result of spontaneous generation, as it is quite common for the bowels of new-born infants to be alive or studded with small Worms. Also many facts are recorded where Worms, from the Tapeworm down, have been found in the stomach of a seven-months' foetus.

A careful examination shows altogether there are some fifteen or more different kinds of parasites or species of Worms which have been found to inhabit the various organs or parts of the human system, such as the stomach, liver, kidneys, heart, lungs, eyes, and brain included; but are principally found in the stomach and small intestines.

Only four or five varieties are commonly met with to merit a description. Following are the most troublesome species: First I will mention the Round or Stomach Worm, termed *Ascaris lumbricoides*. This common Worm starts from

eggs which are laid by the parent Worm in the intestines. The Worm varies in size from a small slate pencil to as large as one's little finger. It grows from three to thirteen inches in length, and looks like the common angle or earth worm, though it is usually longer. The body is round and tapers toward either extremity or end; their color varies from a milky whiteness or whitish-pink to a light or dark grayish-red shade. Some are also of a yellowish-white color. The female Worms, which are larger than the male, are sometimes so bloated and transparent when removed or expelled by medicine that the young Worms can be seen by the hundreds inside, which the mother Worms had in their agony either devoured or taken in for protection, the same as a snake will do with its young when they are in danger. It is claimed that one single female Worm, if allowed to live its natural term of life, will produce at least sixty thousand young Worms. But a great many large Worms in one way and another destroy the small and weaker ones the same as large fish eat up the small ones, and, in fact, it seems to be a general law of nature that the larger and stronger organisms shall subsist to a certain extent on the weaker beings, whether they be of their own species or not. These Worms at times, and that

quite often, migrate or find their way into the large bowel or stomach and also come up in the throat, generally in the night, which will make some children so sick to their stomachs that large quantities are frequently vomited up. In other instances, where it does not make them sick enough to vomit, owing to their being less in number, the Worms will at certain times come or crawl up into the throat or back part of the mouth so they are picked out with the thumb and fingers, which I have found to be a very common occurrence for some middle-aged persons to do. Again, in some certain weakly constituted children, these Worms frequently wind themselves lengthways, or knot themselves up in the throat, obstructing or wholly closing the air passage, causing instant death from strangulation. Many children have been found choked to death from one single round Stomach Worm in its wanderings from home, having crawled up the gullet and thence down into the windpipe, which it completely blocked up. I have recorded a great many true facts similar to these, of Mr. Obadiah Lee, who lived in Horton-town, Putnam County, N. Y.; Mr. John Haustner of Leeds, Greene County, N. Y.; Mr. A. Wright of Newport, R. I.; Mrs. E. Keys of Burlington, Vt., and others, where the Worms

crawled out of the mouth, nostrils, and ears after death. Sometimes only from one to four are removed by medicine and at other times from fifty to three hundred. In Clove, Dutchess County, N. Y., a Mr. H. Doram, after taking a dose of Worm medicine, passed two hundred and ninety-six Stomach Worms in one day. This man had been sick and ailing for years, and had been doctored for liver trouble, heart disease, dyspepsia, and every other kind of stomach complaint, which all left him in a short time after the removal of the colony of worms. In Tompkins Corners, Putnam County, N. Y., a Mr. H. Miller passed two hundred and eighty-three Stomach Worms and a Tape-Worm fourteen feet in length, in two days. In South Centre-ville, Orange County, N. Y., a Mrs. Johanna Phillips, after taking a dose of Tapeworm medicine, passed a teacup, solidly filled, of Stomach Worms and a Tapeworm forty feet in length. This lady had been ailing for many years. It is needless to say that she regained her health in a short time. In Rider's Mills, Columbia County, N. Y., a Mrs. C. Albert, who had been ailing and slowly wasting away for years, after the removal of one hundred and sixty-nine Stomach Worms and a four-inch lizard, entirely recovered her health, owing it to nothing but a few doses of

Worm medicine. Miss Anna Biehler, twenty-eight years of age, who lived in Arkville, Delaware County, N. Y., passed three hundred and twenty-seven Stomach Worms in two days by simply taking pink and senna tea. They varied from two and one-half to nine inches in length. This lady had been sick for eight years, and had been treated by a dozen different doctors for every imaginable disease. After the removal of these Worms she soon after got well and never was sick again. When Mrs. Biehler related this fact to me she still lived in Arkville, was over seventy years old, wonderfully preserved, and a perfect picture of health. In Salem, New London County, Conn., a lady by the name of Mrs. James Gordon Clark, whose little child only three months of age, which had been sick for several days, one morning was taken with spasms. At the time no doctor lived there, so an old lady nurse was called in. She gave the child a large dose of Worm medicine, which removed two hundred and three Stomach Worms that measured from two to three and one-half inches in length. The child recovered in one day, and no doubt that one dose of Worm medicine in the end saved its life. In Hartland Hollow, Conn., a Mr. Robert F. Stewart told me while I was there that a little

girl of his, only four years of age, who had been sick for a year, after taking a few doses of Worm medicine passed one hundred and seventy-six long round Stomach Worms in one day, measuring from three to ten inches in length.

I have and could give the names of hundreds of similar cases, and all true facts, of the above nature, which for want of space will not be published. Cases of fits, of years' and years' standing, have been cured by simply removing the cause from the patients, which was Worms. A great many children will have fits, and some die in them; generally it is laid to teething, when it is nothing but Worms that cause them. I will here cite or mention a few facts or cases, selected from many of a similar nature, that have been published from time to time, where children and older persons had fits or spasms for years and were cured in a few days. In Green Haven, Dutchess County, N. Y., in the year 1895, lived a Mrs. S. Moon, whose little granddaughter had fits from the time she was three months old until the age of four years, when she looked like a living skeleton. She would have as many as twenty-four fits in one day. She was treated for fits by half a dozen different doctors, when at last a noted Dr. Sutton of East Fishkill,

Dutchess County, N. Y., gave her a few doses of Worm medicine, which removed half a pint of Pinworms, and that ended the fits. Mr. Orin Slater of Cairo, Greene County, N. Y., had a daughter, a young lady grown, when telling this fact to me, that had fits from the time she was one year old up to the age of eight. She would have anywhere from one to thirty a day. All of these years she was dosed by every doctor far and near for everything except Worms. At the advice of a friend, and as a last resort, she was treated for Worms. After administering two doses of Worm medicine, which removed eighty-three Worms the first day and half as many the next day, she never had another fit. A lady by the name of Jenny Merts, who lived in Warehouse Point, Conn., had fits for twelve years. She doctored with everyone and took everything she could hear of that was warranted to cure them. At last an old woman made her a bowl of Worm tea, which she drank, that removed a pint fruit-jar, solid full, of Stomach- and Pin-Worms. This lady was freed from fits during the remainder of her life. In Ardsley, Westchester County, N. Y., in the year 1895, lived a Mr. A. Travers, tutor in the high school, who had a child that had fits and spasms for years. After the removal of thousands of Pinworms

she never had another spasm, and was freed from sickness for ever afterward.

Cases are on record where persons were supposed to have had the consumption. They would cough by the hour, were day by day slowly wasting away, when accidentally it was discovered they were full of Worms or had from one to three Tapeworms inside of them, and who, after the Worms were removed, immediately got well and lived for many years afterward. The Worms caused coughing and a wasting away of the system. I have also met a great many old and young people who had for years been doctored for a multitude of different diseases which they never had, and on the removal of the different species of Worms were entirely cured and freed from sickness afterward. The number of Worms that have been removed from grown persons and children, ranging from three to fifty Worms, all coming away at one time, after only one or two doses of medicine, would sum up into many thousands of cases.

Symptoms.—Children and grown people, when troubled with Worms, have more or less of these symptoms; or at least, Worms have caused all of the symptoms given below in different individuals at certain periods of their life: Sallow complexion, with white or livid circles around

the mouth and eyes. Cases are on record where the Worms have caused whole or partial loss of sight. In some children lower eyelids and upper lips are sometimes swollen; unnatural-looking tongue covered with whitish-looking fur, sometimes speckled with small red points or dotted elevations; others, drooling from the mouth or excessive flow of water (saliva), with a foul, offensive-smelling breath. Some children are constantly rubbing or picking their nose, others are restless at night and grind their teeth, also have frightful dreams and start up with terror when asleep. At times very feverish, ending in cold sweats, which will go and come several times during the day or night, accompanied with great thirst. The cheeks flushed, then again pale as death. The stomach hard and swollen, sometimes sore to the touch. Bowels irregular; first they will be obstinately costive, then at times ending with gnawing or short, cramping, colicky pains in the stomach and a looseness of the bowels; at other times accompanied with diarrheal discharges of slime and mucus. Tickling cough, causing in some an alteration or partial loss of the voice; bleeding at the nose; changeable appetite; at times a feeling in the throat as if something were there or coming up, often causing sickness of the

stomach and also vomiting. Convulsions, fits, or spasms; nervous affections, and much general languor. Pinworms cause an irritation or itching of the lower end of the large bowel (rectum or anus), and often when neglected cause bleeding piles and ulcers and cancers of the rectum. The last-named disease is rarely cured, and causes death sooner or later.

Cause.—Nearly all of the large number of living animal and vegetable organisms, and the different species or varieties of Worms, found in the human system or digestive cavity, are accidental parasites, and nearly all first start or are developed from eggs, which are first supposed to be introduced into the mouth and stomach either in or on foods or drinks of the following kinds, such as specked or partly decayed apples, pears, plums, berries; raw and half-cooked beef, ham, mutton, or pork; wormy nuts, old dates, figs, or raisins; stale water from shallow wells near dwellings, or running water from muddy streams; diseased, uncooked milk; old cheese; and various kinds of old vegetables and fruits that are partaken of. So it becomes desirable for us to be very careful in regard to what we eat or drink of the above nature, otherwise there may be a recurrence of the same trouble or evil in a short time. There are as many children

troubled with the small species of Worms as with the large round Stomach Worms, only they are not so easily noticed or seen. And to be troubled with any kind of Worms is a great deal more serious thing than you are aware of. Therefore, I claim that every individual, old or young, ought to give himself a trial for Worms once every few years, to know whether he is troubled with them or not.

Cures.—To successfully remove and permanently rid the system of Worms is usually an easy matter, if the right course is pursued; but I have found in most cases it generally requires a combination medicine of one or more things that act and work together in the following way: One or more ingredients should kill the Worm or Worms, but if they are not of a cathartic nature, another ingredient, which is a purgative, should be used to clear the dead animals away or out of the body. A third or last part should be a tonic to correct the debility which favors their existence. Then again, if necessary, add one or more certain things with it to give it a pleasant taste and overcome griping or severe pain, that it would otherwise cause in some weakly persons while operating.

CURES.

Formula No. 1.

Take of dry herbs:

Senna Leaves	1 ounce
Wormwood	1 ounce
Peach-Tree Leaves, or the inner bark of the tree root	1 ounce
Sweet-Apple-Tree Buds or Bark (the small branches)	1 ounce
Anise Seeds	1 dram

Mix, and place all in a pail or vessel of any kind. Add a little over one quart of boiling water; let it steep, covered, for two hours; when cold, press out the pulp and strain the whole through a cloth.

Dose: For a child, one-half of a teacupful, three or four times a day on an empty stomach. If it should move the bowels too often, give smaller doses. This is one of the best Worm infusions that can be made, and should be given for two or three days.

No. 2.

Take of dry herbs:

Pink Root	$\frac{1}{2}$ ounce
Senna Leaves	$\frac{1}{2}$ ounce
Manna	$\frac{1}{2}$ ounce
Finely sliced or bruised Wood Licorice	$\frac{1}{2}$ ounce
American Wormseed	$\frac{1}{2}$ ounce
Anise Seeds	1 dram
Cream-of-Tartar	1 dram

Mix all together; place in a tin pail or utensil of any kind and add a little over one quart of boiling water. Stir up well and let it steep, covered, for one or two hours. Then press out the pulp, strain all through a cloth, bottle, and keep lightly corked in a cool place.

Dose: For children from three to eight years old, from one-half to a whole teacupful each morning on an empty stomach, at least half an hour before breakfast. Give enough to act on or freely move the bowels, which quantity can be judged after one day's use. This is a little slower than some in its action, but sure in the end. It should be taken for several mornings, or until the Worms are all expelled.

N. B.—Instead of giving to children the above amount in the morning all at one time, it

can be divided up into three doses. Say, give a tablespoonful (more or less) three times a day, half an hour before each meal. No matter how it is taken, it will do its work. If there are any Worms, they will be expelled. It is a well-tried, valuable old-time remedy.

No. 3.

This and the next two are santonin combinations—the very best, safest, and most reliable of the large number used. Have a druggist prepare for you as follows:

Santonin	12 grains
Podophyllin	2 grains
White Sugar	60 grains
Cream-of-Tartar	4 grains

Mix. Divide into twenty-four powders and give one in a tablespoonful of sweet milk every three or four hours, on an empty stomach, until they act freely upon the bowels.

The above dose is for a child from two to eight years old; give two powders at a dose for older children, and still larger doses for grown persons—all in the same way. Santonin is one of the safest and most effectual remedies to expel the long round Stomach Worms there is, and is

entirely tasteless, especially when prepared in the above way or the two following ways, and the most delicate child will readily take it.

No. 4.—(This one is the best.)

Castor Oil	1 ounce
Senna	1 ounce
Pink Root	1 ounce
Santonin	16 grains
Oil of Anise	$\frac{1}{2}$ ounce
Mix.	

Dose: For children, from three to eight years old, one tablespoonful, half an hour before supper and breakfast. (Note.—Always give the first dose before supper.) If the child is strong, give larger doses; and if delicate, puny, and sickly, smaller ones. Children will readily take this, as it is very pleasant to the taste.

No. 5.—(Equally as good and harmless.)

Castor Oil	1 ounce
Wormseed Oil	1 ounce
Turpentine	$\frac{1}{2}$ ounce
Oil of Anise	$\frac{1}{2}$ ounce
Or in place of the turpentine the same amount	

of Essence of Bergamot can be used, which is claimed to be better.

Mix.

The dose for a child from two to four years old is from twelve to twenty-five drops stirred in a tablespoonful of sweet milk or orange juice, every three or four hours, on an empty stomach. Give larger doses for older children. In all cases where the above is given, after a few doses are taken it ought to act on the bowels or make them move rather freely. This has several times removed an entire Tapeworm in addition to the long round Stomach Worms.

No. 6.

Another good and simple remedy where persons do not wish to go to the trouble of preparing or having prepared any of the other aforesaid formulas, and which can be bought for a few cents at any drugstore, is:

Wormseed Oil 1 ounce
Anise Oil 1 dram

Mix well.

The dose is from five to eight or ten drops mixed with a little sugar, or, better, stirred into

a tablespoonful of milk, to be given about half an hour before breakfast and the same length of time before supper. It should be given for at least two or three days, or until all the Worms are removed from the patient, which can be clearly seen, owing to there being no more left to come away.

Note: After through giving the wormseed oil, administer according to age of patient from one to two teaspoonfuls or tablespoonfuls of castor oil mixed with double the amount of sweetened orange juice or, instead, maple syrup or molasses. All of the last named articles, when combined with the castor oil, make it tasteless.

This formula is a good one, and is reliable and harmless. It can be given to the most delicate little child.

No. 7.

Here is another sure Worm killer and exterminator, harmless to take if prepared and taken for two days in the following way. Have a druggist make you as follows:

Santonin	4 grains
Calomel	4 grains
Extract Licorice	4 grains
Pulverized Sugar	4 drams

Mix, and divide into four powders. Give the first powder half an hour before supper, the second half an hour before breakfast, and the other two powders in the same way at the same following meals. The above is for a child from three to five years of age. From six to twelve years of age, give two powders at a dose; and double the amount for grown persons. In all cases, after the last dose is taken, and the bowels have not moved freely inside of an hour or two, give or take a dose of castor oil, mixed or prepared as given in the last part of the previous (No. 6) formula. But generally it requires no physic of any kind.

No. 8.—Last, but not Least.

It is not generally known that beef's-gall will remove or expel all kinds of Worms; and the following is one of the simplest and best vermicifuges that there are, which I bought of an old doctor who at one time traveled from town to town giving lectures, curing fits, and removing Worms free of charge, from every one who had them. He had over five gallons of Stomach Worms, that measured from seven to twelve inches in length, and removed every one of them with beef's-gall, prepared and given in the fol-

lowing way: As soon as a large beef is butchered, get the gall-sac. First carefully remove or cut off every particle of the fat from the outside of the sac, and hang it up under a shed in an airy place until quite dry. Then take out a little of the dry gall and roll it with the thumb and fingers into pills the size of a large pea. The dose for a child from four to eight years of age is one at nine in the forenoon, one at three o'clock in the afternoon, and one at nine at night or before retiring or going to bed—always on an empty stomach. They can be taken clear or in a little milk or molasses. Give older children larger doses or larger-sized pills, and younger children smaller ones. It should be repeated for two or three days.

N. B.—The gall causes the Worms to die so that they come away whole, and generally require no physic of any kind to remove them out of the system, and it is harmless if there are no Worms.

PINWORMS.

The next and most common Worms found in the human body are the Threadworms, termed *Oxyuris vermiculares* and *Trichocephalus*, also called Pinworms, Seat-Worms, Maggots, or

Maw Worms, Parasite Worms, Hair Worms, etc. They affect both children and adults. They are very small and slender, look like a piece of small store string (twine) or coarse thread, and vary from one-fourth to two inches in length, and are a white or lightish-gray color. They are found in great numbers and are filled with myriads of minute eggs, and thus multiply very fast and are very active workers. There are really several kinds. The most common met with are the short and the long. The short species are the largest at the head and the long species the largest at the tail-end. Its upper two-thirds being so small and slender, has given them the name of Threadworms.

They rarely are as numerous as the short species, of which there will sometimes be thousands in a person, and at such times, owing to their great number, in their wanderings from one part of the body to another they tangle or mat themselves together in the intestines into lumps or rolls, often causing fits or convulsions and other alarming symptoms of disease, also death. In some persons, at times, large numbers of these small Worms will leave the body, especially at night, and may be found on the bedclothes or on the skin of the buttocks in the morning. Their principal habitation is the

lower end of the bowel (rectum) or large intestine, causing intense or intolerable itching and irritation within the anus at all times of the day, but mostly toward evening or when quietly lying down in bed at night. Some persons will dig and scratch themselves half of the night and almost tear themselves to a raw state, and the only way they can finally obtain sleep is that the pain from irritation in or around the anus will be so great that it overcomes the itching, and in this way the sufferer is able to go to sleep.

In women they frequently crawl from the rectum into the vagina or urethra, causing a world of trouble in the way of local itching. Leucorrhœa may be also caused by the presence of these parasites in the vagina and a general disturbance of the whole nervous system. It is believed by medical authorities, and doubtlessly true, that the irritation caused by the presence of these Worms produces, in some, unnatural excitement of the sexual organs and perhaps in time leads to unnatural bad habits of sexual gratification. These small Worms also inhabit, it is claimed, in large numbers, the cæcum where it empties into the colon or large intestine. Dr. H. T. Turner published several years ago a very interesting post-mortem examination that he had made, in which he found in the left-hand

upper corner of the colon, as it turns toward the right, a pocket eaten out of the hardened faecal matter in which were a large quantity of Maw Worms or Maggots and eggs of Worms. The Worms had eaten into the sensitive mucous membrane, causing serious inflammation of the colon and the adjacent parts. A great many times I have seen from one-half to a large coffee-cup, solid full, of these Pinworms come away during a single evacuation or movement of the bowels. The ovum or egg of certain species of Worms is first received or introduced into the stomach and bowels from food and drink, such as stale water, old vegetables, partly decayed fruit, etc. (read cause, on page 105), which when once having found access to the intestines, the egg shortly afterward develops into a natural Worm, which if not removed multiplies very fast.

One of the principal symptoms of Pinworms is at times they excite great or intense irritation and itching of the lower end of the bowel (rectum or anus), and in some cases it will be found necessary after taking medicine internally to persevere in the use of nightly injections either of bitter infusions of greasy, thin ointments, for one or two weeks, in order to thoroughly become rid of all the Worms and eggs; otherwise, even though several days elapse without any of

the Pinworms appearing, there may be still some small Worms or eggs or both remaining, in which case, after the eggs hatch out and the young or small Worms develop, they will subsequently reappear in numbers as great as before. Hence the necessity of the injections can be plainly seen.

Cures.—For the Oxyuris, called Seat-, Thread-, or Pin-Worms, for their removal proceeded precisely the same as for the round Stomach Worms, which will generally remove them all. But as they multiply from nits or eggs deposited or burrowed in the folds in and about the rectal orifice (anus), so even if the Pinworms should all be destroyed and expelled and a few eggs left, in due time there will again be a new lot of these Worms. So, in order to make a complete cure, it is necessary to inject a decoction of any bitter infusion, by enema, such as wormwood, quassia, aloes, etc. In this way, in addition to first taking Worm medicine internally, after the bowels have been freely evacuated or cleaned out make up and use any of the following formulas as directed.

No. 1.

Quassia Chips	2 ounces
Warm Water	1 quart

Mix, and let stand or steep for three or four hours. At night, before retiring, inject all of this amount into the rectum with a fountain or bulb syringe and retain it as long as possible. I have always found the most satisfactory results to follow this treatment. Either Wormwood or Tansy can be used in place of the quassia chips. In all cases, after one of these injections is used (except No. 5), twenty minutes or half an hour later or afterward follow it up by using another enema, either of warm water or, better, warm milk. Then, for several nights after, anoint with the end of the finger thoroughly in and about the rectum with carbolized vaseline or with camphorated vaseline, made in this proportion or strength:

Carbolic Acid 15 grains
Vaseline 1 ounce

Or instead use:

Camphor Gum 15 grains
Vaseline 1 ounce

Mix and apply faithfully.

N. B.—The carbolized or camphorated vaseline can be obtained at any drugstore already prepared and only costs a mere trifle.

No. 2.

Here is another good injection for Pinworms which can be used in place of the No. 1 formula:

Rich Sweet Milk 1 pint
Fine Salt 2 tablespoonfuls
Turpentine 1 tablespoonful
Mix thoroughly.

Use or inject as warm as can be borne, and retain it as long as possible. Follow up this injection with the ointment as given in the last part of the No. 1 formula.

No. 3.

This is equally as good an injection for Pinworms as any of the others.

Hot Soft Water 1 pint
Fine Salt 2 tablespoonfuls
Spirits of Camphor 1 tablespoonful
Strong Cider Vinegar 2 tablespoonfuls

Mix, and use the same as No. 1 or No. 2 formula, and finish with the ointment as given heretofore in the last part of No. 1 formula.

No. 4.

This formula I bought of Dr. J. T. Benham of West Conesville, N. Y., who said it was one of the best injections for all the small species, such as Thread- or Pin-Worms, he ever used, and gave the most satisfactory results. And since I obtained it I have several times prescribed it myself for old chronic cases of years' standing, and each time with the same good and permanent results.

Steep two ounces of Aloes in one quart of Sweet Milk, strain off, and add one large tablespoonful of Spirits of Turpentine. Mix well. After using an active warm cathartic, and the bowels having been freely evacuated during the day, take all of this amount by way of the rectum at one time, using the bulb or fountain syringe, retaining it as long as possible. Fifteen minutes after it has come away use a second injection of clear warm water. One treatment is all that is necessary, although I have always advised the use of the carbolized or camphorated ointment after the above treatment.

No. 5.

Kerosene Oil, injected clear or diluted with one-third lard, forced into or up the rectum with

a small-tube syringe (pile pipe) or any way to get it in, makes one of the best preparations for destroying all kinds of small Worms such as Pin-worms, etc.; and it also destroys all nits and eggs there may be if used at this strength.

Kerosene Oil 2 tablespoonfuls
Lard 1 tablespoonful

This is perfectly harmless, and should be prepared in this way: Pour the kerosene oil into the hot lard, which inject as quick as possible and as warm as can be borne. One or two treatments are all that is necessary to effect a complete cure.

Next we come to the least common of all the varieties,

THE TAPEWORMS

(*Tænia solium* and *Latta*), which are the most troublesome and difficult to remove. They consist of several different species, which inhabit the human body of different individuals and also of many of the lower animals. They all look very much alike and show the same characteristics, reproducing their body continually from the head after reaching maturity, and are more

dangerous than generally supposed. As the same medicines will remove them all, the two most common kinds are only worthy of a description. One is the very broad, short-jointed white or grayish-white, and the other the narrow, long-jointed white Tapeworm. My experience has been that the same two species of Worms will vary in size or shape owing to their coming from differently constituted persons. Some will be very large and look coarse, and others small and slender.

They dwell in or occupy the entire intestines (small bowels), and feed on the matter called chyle as it comes along before it is absorbed by the lacteals. Chyle is the life-substance or nourishing part of the food which passes along the intestines after it has passed or gone through the stomach. Thus any sensible person can see at a glance that such an insatiable monster from fifteen to one hundred feet in length, every joint or link throughout the whole length of the Worm being supplied with a sucker-opening or mouth, by which each joint supplies itself with food independently of the others, feeding continually on the very life-giving substance of the great human organism, must in time greatly weaken and undermine even the strongest and most robust constitution. A great many facts

are on record where these Worms were the cause of the death of many sick people.

So it is only a matter of time in weakening by degrees the individual's system and at last ending in death, resulting from the "robbing" process which is constantly going on. These Worms attain a length of from fifteen to eighty or more feet, are flat like a piece of tape or thick white-velvet ribbon, and are made up of hundreds of segments, commonly called links or joints, which generally look like large or small pumpkin seeds, partially cut off, and fastened together with the end of one joint or link a little overlapping the other. Others look more like squash or cucumber seeds joined together in the same way. They measure from one-eighth to three-fourths of an inch in length. Each one of these joints has the power of reproducing an indefinite number of joints. At its lower end or tail each egg-filled joint as it becomes ripe contains by estimation thousands of eggs and the generative or male and female organs for reproduction. So each egg, in every joint, is impregnated or fertilized, ready in due time to form or make a Worm like the original one before it leaves the human body.

Tapeworms grow from the head downward, one segment or joint after another, growing

from one-half to two feet a day. This tail-end growth passes out of the body in the following way: In the majority of cases, single or three or four joints together will pass or crawl out of a person's anus at all hours of the day or night. And more or less joints will detach themselves and pass out with every movement of the bowels. Then once in a while we find a case, but not often, where a long piece of the Worm will pass away once every month or six weeks, with no passage of short pieces between times. In a case like this there is a sense of the presence of the part of the Worm in the rectum from its action, which urges the patient to go to stool for its removal. This separation of pieces from the various species, and coming away, always take place after the Tapeworm is about three or four months old or has attained maturity, and are the sure sign that a person has one. All other symptoms are about the same as those of the round Stomach Worm given heretofore. So it is sufficient to say that a person has no Tapeworm where there is no appearance or coming away of the joints or segments, and that any other failing of health is to be charged to stomach, liver, or kidney troubles or other disturbances of the system. The head of a Tapeworm is a very small affair about the size and

shape of a pin's head. One species' head is nearly eight-sided or eight-square, the other round, and another oblong. The head has four apertures or mouths, called muscular suckers, of disklike form, also called "sucking-disks," one in each corner, which when magnified look like holes or eyes. Also some species have in front of or near these disks or suckers one or two additional rows of a dozen or twenty more minute claws, which are sometimes called hooklets or teeth, to cling or hold on with, which it does with the greatest tenacity. Once thoroughly forced into the mucous coat or membrane of the intestines, these Worms, owing to their strong double hold, are the worst to remove. Their holding on is done for years, very near the lower opening of the stomach called the pyloric end or orifice. The head of an old Worm is generally dark-colored or nearly black, while young Worms have a yellowish or grayish-colored head. The neck, from the back of the head, is long and threadlike, more flat than round, no larger than a brass pin, and sometimes will remain that size—from six to twelve inches. Then it gradually increases in width until the joints in the middle of some Worms are nearly three-fourths of an inch wide. Then they gradually become longer, and from one-third to one-half

of an inch narrower, until the tail-end joints pass out of the body.

I have removed a great many Tapeworms; several times two together; once three that, all combined, measured ninety-six feet. One measured thirty-one feet, one twenty-eight feet, and one thirty-seven. All came away at one time, and which I now have in my possession. Mrs. A. Sheroin of Lyonsville, Ulster County, N. Y., showed me a complete Tapeworm that she vomited up during the night while trying to drink a glass of warm milk, which is a rare occurrence. Ordinarily a person will not have more than one or two, but a great many facts are on record where anywhere from three to nine Worms have been removed at one time with one or two doses of medicine. In certain countries, like Syria and Abyssinia, where so much raw or half-cooked meat is eaten, nearly every individual, old or young, has from one to three of these pests inside of them. So a person can have almost any number at one or the same time, providing they happen to get the small cysts which contain the embryonic Worms into their stomach. The symptoms, as I have said before, of a Tapeworm are to a certain extent about the same as of the round Stomach Worm, with the exception that after the Tapeworm is three or

four months old the true sign of having one is that pieces or segments or joints of the different species, containing the ripened eggs, will detach or separate themselves, one by one or two or three together, from the parent colony and crawl or pass out of the intestines, either spontaneously or with the evacuations, and are apparently alive, showing more or less motion. Also, in some persons a large number of joints will come away whenever they have a movement of the bowels. Some have at times a voracious appetite and at the same time an "all gone," faint feeling, as it is expressed, owing to the Tapeworm robbing the body of so much nourishment, absorbing the strength of all food eaten, which in nearly every instance sooner or later causes great emaciation, exhaustion, and loss of flesh, also obstruction of the bowels and other diseases.

CURES.

First I wish to say, before preparing any one of the following formulas and taking it yourself or administering it to others, it is always better for the patient, and a surer expulsion of the Tapeworm, that the following preparatory treatment should be precisely carried out: The night pre-

vious to taking the Tapeworm medicine take a good dose of physic, of any sort that will freely move the bowels and thoroughly cleanse them from mucus, etc. The next day, which is the same day that the bowels are being cleaned out, for at least two meals—breakfast and dinner—live on a plain, low diet of only buttered bread and garlic with plenty of salt on both. If the garlic cannot be obtained, eat instead strong salted onions, salt herrings, or salt mackerel, fried, but garlic acts the best. Drink no other kind of liquids than salted milk, or in place of the milk an occasional mouthful of plain wine or cider, eating no supper that day. These aforesaid mentioned foods possess natural vermifuge properties and flavors that the Tapeworm dislikes very much, and it will starve for at least one meal before it will eat or partake of them, and when it does, being somewhat weakened from fasting, it immediately becomes sick, without having taken one particle of Tapeworm medicine for its final removal. Then any of the following formulas, which carefully read, will expel the worm if taken as directed. And for the successful removal of the worm, the directions of whichever formula you wish to try or use given in this book must be carefully followed or

carried out if you expect to remove the Tapeworm completely.

Carefully Read How to Find the Head.— When the bowels once begin to move after a Tapeworm medicine has been taken, the patient should sit upon a vessel or pail filled half or two-thirds full of water. In this way the Worm, in coming away, is not apt to be broken into pieces by its own weight. Where, otherwise, in some cases the slender neck and the small head of the Worm are generally the last things or parts to come away, it might or is apt to be severed in the act of expulsion, and for the time lost or remain back or come away afterward unobserved, which it sometimes does. So, when once the Tapeworm begins to come away or pass from the bowels, which can be felt, great care must be taken not to break it off at the small part, for if even the head is left it will grow again. It has this wonderfully peculiar property or gift. After it has come away take a small, smooth stick, carefully stir it around in the bottom of the discharged stool in the receptacle, and when found lift it out and put it into a clean washbowl or basin of water, rinse it off a few times by gently stirring it around in the clean water, which should be changed as often as it is neces-

sary, to clean the Worm. Then, with a small smooth, sharp stick, find the neck or small slender part of the Worm, where, at its end, you will find a little black or dark-colored head, which if not found there, look for it in the discharge. This little head, and a short piece of the smallest part of the neck back of it, are sometimes broken off in feeling around after the Worm or when the main part of the Worm is coming away. And if you will slowly pour off the discharge and, if necessary, add clean water to it once or twice more, you will find or come across it, when it can be cleaned and examined. So unless you go to this trouble, it is often lost and always very difficult to find in the discharge, but it is generally there if the directions of any one of these formulas have been faithfully followed from beginning to end.

And remember that a Tapeworm medicine should never be given to a very weak or sickly person, such as one who has a chronic disease, like consumption, etc., or to a woman who is in the "family way," or to a young child, unless authorized or prescribed by a physician. Also note: After taking a Tapeworm medicine of any kind, if it should cause severe pains or cramps throughout the abdomen, which once in a while it does, although very seldom in my experience;

but if it should in your case, as soon as the Worm is discharged or has come away, to counteract the pain or griping take a tablespoonful of California brandy in two tablespoonfuls of warm water or a teaspoonful of spirits of camphor, or any good liniment, in the same amount of water. Then once in a while, in certain persons, it causes dizziness or headache, which will do no harm and pass off as soon as the Worm is expelled or has taken its departure.

CURES.

No. 1 Formula.—For a Grown Person.

Take enough of well-dried, ripe pumpkin seeds, after the outside thin husks—sometimes called shucks or shells—are removed from them, so that there will be six ounces of the inside meats by weight. Bruise or pulverize them all in a mortar or on a hardwood board, or in a porcelain dish, to as fine a pulp as possible. Take one-half by weight (three ounces), put them into a small cooking utensil of any kind, and add one pint of very hot water, stirring thoroughly several times while steeping, which it should do for half an hour. First, before taking, fast two meals, and on the day before fasting thoroughly clean out the stomach and

bowels from mucus, slime, etc., with a good cathartic or physic; after having not taken any breakfast or dinner, eat this whole pint of pumpkin seed meats, in mashed form, warmed, for supper, and a little added if preferable, omitting all other food or drink, and soon after lie down or go to bed. As soon as awake the next or following morning, prepare the other half, or three ounces, of pumpkin seed meats in the same way, which eat for breakfast, and immediately after lie down. Two or three hours later take at least one and one-half or two large tablespoonfuls of castor oil in a little orange or lemon juice, and again lie down in bed, keeping very quiet, and on no account eat or drink anything until after the Worm has come away, which it will generally do with the first movement of the bowels, but sometimes not until after they have moved or operated several times. But by all means lie down and keep very quiet, if necessary, for three or four hours. The whole secret is, after any kind of physic or the castor oil is taken, to keep as quiet and still as possible in a reclining position, no matter what your feelings are. If this is done the Worm in his agony will let go his hold; settle down immediately; force himself out of the intestines; and come away head, neck, and body, which will happen every time if the afore-

said instructions are faithfully carried out. Where, otherwise, the patient moves about and eats or drinks anything, the Worm will nine times out of ten break itself off back of the head or small part of the neck, and in a few months you will have a new Tapeworm body formed on the old head.

For children give from one-third to one-half the above amount at a dose.

No. 2.—For a Grown Person.

Have a druggist prepare for you as follows:

Glycerin	1 ounce
Chloroform	1 dram
Croton Oil	1 drop

Mix thoroughly, and take the whole in one dose in the morning on an empty stomach, omitting all other food and drink until after the expulsion of the Tapeworm. Also take no supper the night before, and the following two meals—breakfast and dinner—make out of buttered bread and salt fried herrings or mackerel; if very thirsty during the day, drink a glass or two of salted milk. After taking the above medicine, lie down quietly until the Worm comes away. If the bowels do not move inside

of one or two hours after the above dose is swallowed, immediately take one or, if necessary, two tablespoonfuls of castor oil, in a little orange or lemon juice, but generally it is not necessary to take the castor oil. This is a sure preparation, and for many years has been largely used with great success by the medical profession of this country.

No. 3.—Chestnut-Burr Tea.

This is also a very sure preparation, harmless to take and easily prepared, and will remove a Tapeworm entire every time, if the following directions are faithfully carried out: Early in the fall pick directly from a tree five large green Chestnut Burrs, at the time when the young chestnuts inside of them are about three-fourths grown, or when the shells or shucks on the nuts look white and are free from color. Pound the burrs on the front end enough so the nuts inside of them can be seen, after which put them all into a two-quart tin pail and pour one quart of boiling water over them; let them steep, covered, for three hours. Before taking, fast one meal in this way: Make a breakfast out of salt fried fish such as herrings, mackerel, and a little bread and butter. Eat no dinner, and drink one-half of this chestnut-burr tea for supper and the other

half for breakfast, and, on no account, eat or drink anything, unless to suck a lemon, until after the expulsion of the Worm.

N. B.—After taking the second dose of tea in the morning, except when the bowels have to move, lie down and keep very quiet until the Worm comes away. If the bowels do not move freely within two hours after the last dose of medicine is taken, take one or two tablespoonfuls of castor oil in a little orange or lemon juice. But in my experience it has never been necessary to give anything to make the bowels move, as there generally is purge or physic enough in the chestnut-burr tea, and sometimes too much.

No. 4.—For a Grown Person.

Fast or eat a very light breakfast, less for dinner (read page 129), and no supper; half an hour before retiring mix two drams of Essence of Bergamot with one ounce, or two tablespoonfuls, of strained Honey; or instead use four, or not over five, grains of Santonin or one-fourth of an ounce of Wormseed mixed with the same amount of Honey. There is not much choice between either one of these three ingredients, so use whichever one you choose or is the least trouble to procure, and take it at one dose a few

minutes before getting into bed. The next or following morning have on hand each in separate small bottles:

Oil of Male Fern	$\frac{1}{2}$ ounce
Oil of Turpentine	$\frac{1}{2}$ ounce
Glycerin	$\frac{1}{4}$ ounce

This should be taken in the juice of a small lemon, but first it should be prepared in the following way: Squeeze the lemon juice into a tumbler, pour or drop the oil of male fern into the center of the juice, over which pour the glycerin, and lastly add the turpentine; and without trying to mix the ingredients together, swallow the whole at one dose, on an empty stomach, after which lie down and keep as quiet as you can. If necessary, suck a little more juice out of the end of a lemon, to become rid of or remove the bad or disagreeable taste of the medicine in the mouth, and to avoid nausea or keep from vomiting it up, which otherwise some persons would do who have a weak or sensitive stomach. Also abstain from all other food or drink until after the Tapeworm has come away, which it will generally do in from one to three, or at the longest four, hours. This is the most popular formula used by the M. D.'s of the present day.

N. B.—For a child from six to nine years old give one teaspoonful and the other ingredients in proportion.

No. 5.—Kousso-Flower Tea.

Buy at a drugstore four and one-half drams of pulverized Kousso Flowers, and they should be reduced to the finest kind of a powder, which a short time before taking put into a little over one-third of a pint of warm or hot water; let it steep, but not boil, which keep warm, covered, for twenty minutes. First, live on a light low diet for one day in this way: Make a breakfast and dinner out of fried salt mackerel or salt fish of any kind, or raw salted onions and buttered bread (see page 129). Eat no supper, but instead take a cathartic of salts or pills, so as to have the bowels in a solvent or loose condition, and they ought to move at least once or twice during the night; as the salt food is very binding to some persons, enough physic should be taken to move the bowels freely. The next or following morning prepare the kousso flowers in the above or aforesaid way. First, stir up thoroughly and take it, dregs and all, in one, two, or three doses; follow each other, or dose, every few minutes, if not all taken at one time, with a little lemon

juice, which may be sucked out of the end of a lemon. This is to prevent nausea or vomiting, which sometimes occurs after it is taken. The lemon can be sucked before, during, or after the medicine (kousso flowers). Two hours later, or after taking the above medicine, mix together the following quick-purge emulsion and take it all at one dose: Turpentine, one-half ounce, or one tablespoonful; Castor Oil, from one-half to a whole ounce, or from one to two tablespoonfuls.

After swallowing this last combination, suck a little more juice from a lemon and lie down. Now from the time the first dose of kousso-flower tea is taken until the Worm comes away, the patient must lie down and keep very quiet and as still as he can, the same as in all of the previous Tapeworm formulas given in this book. Only get up when it is necessary, or when the bowels have to move. And on no account eat or drink anything on the morning before taking the medicine, and for several hours after the Worm has come away.

N. B.—My experience with kousso flowers is, if the directions are faithfully carried out, I have found them to be absolutely sure in expelling the Worm whole, and most generally alive, showing considerable motion for some time after it has come away from the patient.

No. 6.—Pomegranate-Bark Tea.

Take of fresh powdered Pomegranate-root Bark of the very best quality, not over one year old, a half-pound, which put into a suitable cooking utensil (porcelain-lined is the best) or a new tin pail, upon which pour one quart and one-half pint of very hot water; stir up well, cover lightly, and let the mixture stand on the back part of the stove for two hours. Then steep or boil slowly, reducing it to one quart; strain the whole through a fine strainer or cloth, after which divide it up into three parts or doses, which will make each dose six ounces or three-fourths of a pint. One dose should be taken every two hours, or two hours apart. N. B.—Just before taking, while hot, to every dose or six ounces of the decoction or tea add one dram of Fluid Extract of Jalap and five or eight drops of the Oil of Anise, which should be stirred in thoroughly. The medicine must be taken or drunk hot, or, otherwise, it generally sickens a little or causes nausea. A lemon may or should be sucked while, before, or after this is being taken. It can be all drunk at one time, or a few minutes apart, but the quicker it is in the stomach the better it is for the speedy death and removal of the Worm.

After the decoction is taken the patient must lie down and keep very quiet. The dose should be repeated every two hours until the Worm is expelled; sometimes it will come away after the first dose is taken, and at other times not until after the second or third dose is taken. If the Tapeworm comes away after taking the first or second dose do not take any more of the medicine. A thorough examination of the discharge should be made after every movement of the bowels, after the first dose is taken; and if the head and slender neck of the Worm do not appear in the discharged matter or evacuation, it is best to take a second dose of the medicine and await its action; and in all cases if the bowels have not moved after the first dose is taken, and within one hour after the swallowing of the second dose, take a large dose of castor oil in a little lemon or orange juice.

N. B.—Before taking this medicine or any other Tapeworm medicine read page 129, which I will once more repeat in the following few words: First, before taking this medicine live one day, or at least two meals—breakfast and dinner—on a low diet of salt fried mackerel or herrings, onions or garlic, milk with salt in it, and buttered bread (see page 129). Eat no supper, and before retiring, at nine or ten p. m., take a large

dose of Epsom or Rochelle salts or any other good cathartic. Enough should be taken to move the bowels freely once or twice during the night; the next or following morning take the pomegranate-bark tea as given heretofore, which should be prepared the night before. Then all that is necessary to do in the morning is to heat up the dose, add the jalap and anise oil to it, and take it as hot as you can. Very special attention must be given to the above directions of this formula, as well as of all the other Tapeworm formulas, if you expect to get the head, neck, and body of the Worm without it being broken into pieces. So be faithful, carry out everything as given or directed, and success will be met with in expelling the Worm completely.

WORMS IN HORSES.

For the benefit of all who are interested in or are owners of one or more horses, I give the following two reliable formulas for the extermination and prevention of Bots and Worms, with which so many horses are commonly troubled, and which are one of the worst afflictions that the horse is heir to.

BOTS.

No. 1.—A Sure One-Hour Cure for Bots in Horses.

Symptoms.—When a horse is attacked with Bots, or has them to any extent, it may be easily known or noticed by the occasional nipping at their sides and also by red pimples or dotted projections or elevations on the inner surface of the upper lip, which may be plainly seen by turning up the lip.

First Treatment.

Thoroughly mix together:

New Milk 2 quarts
Molasses 1 quart

Give the horse this whole amount at one dose.

Second Treatment.

Fifteen, or not over twenty, minutes afterward give a second dose of two quarts of warm, strong Sage Tea, using four ounces of dry Sage to a little over two quarts of hot water, which, after it is made and bottled ready for use, should or can be kept warm by placing the same in half a pail of warm water.

Third, and Last, Treatment.

Half an hour after the Sage Tea has been given to the horse, prepare as follows:

Lard (melted)	3 pints
Fine Salt (three rounding tablespoon- fuls) or	3 ounces

Which thoroughly mix together in a dish; while hot pour into one or two large long-neck bottles, and give the whole at one dose while warm and thin, so it will easily run down the horse's throat. This mixture should be prepared and kept in a liquefied state ready for use the same as the Sage Tea (in half a pail of very warm water. This one combined treatment, given as stated above, is all that is necessary to make a complete cure.

N. B.—First, you will see that the milk and molasses cause the Bots to entirely let go their hold in order to partake or eat of the milk and molasses. Second, the sage tea instantly puckers them up so they are unable to regain their hold or do anything just then or at that time. And, lastly, the grease or lard and salt sickens or kills them right there and then and also carries them entirely away from their holding place and finally out of the body, which ends the Bots.

If you have any doubts, I will say here the same as the great Dr. A. Reynolds told me when he gave me this formula: "One trial will satisfy you perfectly of its efficacy."

To prevent a recurrence of them, especially if a horse is inclined to have them, give two or three times a year a small handful of finely sifted hardwood ashes in some cut feed or mixed with meal or bran, which will prevent them and also worms.

WORMS.

Symptoms.—The horse eats well but will not thrive, feels logy, his belly gets big, his hair stays and looks rough, etc.

Wormseed and Flaxseed Horse-Worm Ex-terminator.

No. 1 Formula.

First, if you have not on hand, buy four quarts of Flaxseed and eight ounces of Wormseed, which will last eight days; and give or feed the whole to the horse as follows: At night, between supper and bedtime, measure out a full pint of the Flaxseed for a very large horse and a little less for a small horse; also one ounce, or three heaping tablespoonfuls, of the Wormseed,

which mix with the Flaxseed and put the whole into a pail, over which pour two quarts of very hot or boiling water; stir up well and cover tightly with a thick blanket, which leave on until the next or following morning, when the whole should be fed to the horse, either in cut feed or mixed with a quart or two of bran.

This is a little slow in working, but it is one of the best, surest, and most harmless Worm medicines that can be given to the horse, whereas so many of the other preparations that are given to horses do more harm than good. I have known of horses where they never entirely recovered from the effect, which was owing to the animal being weakened by the strong medicine, then watered, and used too soon; also taking cold, etc.

And it is a true fact that not more than one horse out of four, after taking such a medicine, passed a single worm, whereas this formula requires no fasting or detention from using. I obtained this several years ago from an old circus horse-doctor, who had used it with the greatest success for over thirty-five years.

No. 2.—Copperas Horse-Worm Killer.

Take of dry, finely pulverized or powdered Cop-

peras (Sulphate of Iron) one dram, which fills a teaspoon a little over even full; divide this into four parts or powders so that each one will contain fifteen grains when accurately weighed out. Give one of these powders to the horse at night for two successive nights, mixed with a handful of meal or bran. It should be given on an empty stomach at least one hour before it is fed its supper. After having given the first two powders, wait a week or ten days and give the other two powders in the same way; and that ends the Worms in the horse. Generally it is not necessary to give the last two powders at all.

N. B.—The copperas can be obtained already prepared at any drugstore, and only costs a few cents.

No. 3.

Another sure and excellent thing to remove all kinds of Worms from a horse is pulverized or powdered Areca Nut, of which buy at least four ounces, and give a heaping teaspoonful three times a day—mornings and noons—mixed and given with cut feed or on dampened oats, and at night with the same amount of salt added, stirred in a quart or two of lukewarm bran-mash or scalded oats, which should be prepared with very

hot water two or three hours before either one are given or fed.

N. B.—The areca nut can be obtained at any drugstore, and should be given three times a day for at least one week.

PART V., VOL. I.

FELONS OR WHITLOW.

This fifth part of Volume I. treats on Weak Hands, Felons, etc., giving the symptoms, causes, preventions, and a large number of the very best treatments and formulas for their cures; also how to kill or break a Felon up in one day or less, if treated when it first starts, which can easily be done without very much trouble, thus saving a world of misery and pain; also money saved in the way of doctors' bills, loss of time from work or business.

Whitlow, or Felon, which so many persons have or have had at some certain period of their life, is an inflammation of the joints, and in most cases is developed near the ends of the thumb and fingers, or on the last joint, and often situated at the root of the nail; though it may also appear on the other joints, also on the toes.

It is caused by slivers, flesh wounds, hurts, bruises, impure blood, and sometimes by certain other irritations, such as long-con-

tinued pressures, etc., which inflame or disease the part or root of or about the nail in such a manner that a semicircle of matter, constituting what is commonly called a Ring or Runround, is formed. Felons are quite common among those who are constantly using their hands at hard work. There are three kinds or stages of the affection, which, if allowed to continue or proceed without interference until matter (pus) forms, then become, generally, an affection of the bone-sheathing; and lancing or opening the skin by poulticing to draw out the matter is at once necessary, in order that the pain subside and wound heal.

The first stage of the disease is situated under the surface of the skin and around the nail; the second stage is deeper down under the surface and inner part of the end of the finger; the third stage is generally within the sheath or deep texture that contains the tendons of the fingers, and sometimes involves the periosteum or covering of the bone. The latter form of the disease is sometimes terrible, the pain becoming so severe as to banish all sleep for several days. I have seen thousands of persons in my travels where it caused the loss of one or more bones of the fingers, which were also badly disfigured.

Symptoms.—The first ones usually produced by a Felon are a pricking sensation similar to that caused from a sliver or brier; then heat, swelling, redness, and sometimes the most deep-seated and intense beating and throbbing, burning pain. In its third or last stage it affects the entire finger, hand, and sometimes the arm. The first thing a person will notice is that the skin near the affected part becomes red and swollen, then they generally will look for a sliver, which is supposed to be under the pulp of the affected part of the finger, usually near the nail. Now, if you don't find anything near the surface which causes the soreness or inflammation, you may as well make up your mind that a Felon has started, and the sooner you commence war against it the better. The main thing in a Felon or disease of this kind is to kill it just as soon as it makes its first appearance, or as soon as you perceive any of the symptoms given heretofore.

Cures.—Once more allow me to say any of the following treatments, if resorted to when you first feel any soreness or pain, will kill or cure a Felon or Runround in one day, sometimes in a few hours. There are a great many more cures for Felons, but not any of them are anywhere near as good as those given hereafter, which are

the best, as all others require ten times more time, trouble, and labor to prepare, which not one person in a hundred in these "hurrying" times will do.

No. 1.—A One-Day Cure.

As soon as the disease is felt and the part begins to swell, steam, bathe, or, better, immerse the diseased part or finger upon which the Felon is situated frequently in strong lye-water as long and as hot as can be borne several times a day. The lye-water is made by putting into an earthen crock or a two-quart tin pail a good-sized handful of wood ashes, upon which pour one quart of hot water; stir it up well for a few minutes on the top of a hot stove, then immerse or plunge the finger, or even the whole hand if necessary, in it as long and as hot as can be borne, which should be left in for at least five minutes or until the pain is gone or has subsided. Do this several times during the day, the oftener the better, and you are cured—the Felon is dead. This is one of the surest formulas to be found, and can be prepared by anyone in a few minutes.

No. 2.—One of the Best.

As soon as what you think is a Felon makes its appearance, stir into a pint of strong Cider

Vinegar two heaping tablespoonfuls of common Baking Soda or Saleratus; then slowly heat this on the stove, and when hot plunge the finger or part affected into it as hot as can be borne, which leave in for several minutes, and repeat during the day as often as the pain returns. This treatment will kill it nine times out of ten in one day, especially if it is a combination of the Runround with a Felon.

No. 3.—Equally as Good.

This is also one of the best treatments, but a little more trouble to prepare. As soon as the parts begin to get sore, swell, and look red, take a teacupful of Soft Soap and stir into it equal parts by measure of common Table Salt and air-slacked Lime until it becomes of the consistency of glaziers' putty. Make a poultice of this mixture and bind it upon the affected part, and renew it every four or six hours; or make a large leather thimble, or take a small, round, empty, tin spice can and fill it with this composition, and insert the finger therein, leaving it in as long as can be borne; if necessary, take it out once or twice and give it a rest. If this treatment is applied in the beginning, the earlier the better, sometimes a complete cure will be effected in a few hours.

No. 4.—One that is Sure.

This formula and poultice I obtained from a doctor in New Jersey, who said he had used them several times with great success, especially the No. 5 poultice, after other treatments had failed on the Felon when it first started. This or the next one can be tried. Just before lanc-
ing, first soak for ten minutes the part or finger affected in strong hot Soda Water, then put di-
rectly over the sore spot a Fly Blister the size of a nickel (five-cent piece), which can be obtained at any drugstore; leave this on for three hours, and then remove it and once more again soak the affected part in very hot water for a few min-
utes, after which put on a second fresh Fly Blis-
ter, the same as the first one, which leave on for three hours more, at the expiration of which time directly under the surface of the skin or center of the swelling may be seen a small gray-
ish-white substance, which is a formation of mat-
ter that can be taken out by making an opening with a small sharp knife blade, lancet, or a large needle. If this treatment or the next one fails to draw it to the surface in a short time resort to No. 6.

No. 5.—To Draw a Felon Quickly to a Head.

Make a poultice as follows: Crumble up fine two square soda crackers, which stir into cold milk enough to make it the consistency of paste; then add or stir in a heaping teaspoonful of pulverized (ground) Ginger Root; bind one half of this paste upon the Felon and leave it on for a few hours; then remove, and bind on the other half. This treatment is very soothing, instantly removing all pain, ripening the Felon and drawing it to a head the quickest of any known thing. Now, if all of the aforesaid treatments fail inside of two or three days, which shows that it persists in forming, you can satisfy yourself at once that it is to be a Bone Felon, which is owing to your having waited too long in the beginning to kill it or draw it to a head with the aforesaid poultices, which, although wonderful, sometimes work very slowly on some persons. In this case resort to the following treatment.

No. 6.—For Bone Felons.

Have it lanced by a doctor, and be sure that the cut is broad enough and deep enough to let out all the matter easily; and the lance should be carried down to the bone, for if this be neglected too long the bone will become affected

and perhaps destroyed. This is the only sure way to avoid deformity and perhaps even the loss of a joint. After this apply any good drawing poultice, such as Bread and Milk or equal parts of Linseed and Slippery Elm. Use as long as it is necessary.

No. 7.—Last, but not Least.

This formula for a Felon has been going the rounds of nearly all of the "family" papers. It is claimed that it will do wonders; and it only costs a trifle to try it, so I give it a place in this book. The discoverer claims that Oil of Origanum, one ounce, or in place use one ounce Tincture of Lobelia, with a small lump of Gum Camphor sprinkled into either one, as much as they will cut. It is claimed as an infallible cure for a Felon in all of its stages; never fails—cures the worst cases. It should be applied frequently and used freely, first soaking the affected part or finger in it and wrapping strips of cotton cloth, thoroughly saturated with the clear oil or tincture, around the affected part or Felon. I have never tried it upon anyone, so I cannot vouch for its goodness or efficacy. The Tincture of Lobelia or the Oil of Origanum and Camphor can generally be obtained at any store.

The same it is claimed will also scatter or break up a boil in its first stages. As soon as the boil makes its appearance, dip the ends of one or two fingers into the liquid and rub well the inflamed surface, especially the red middle portion, for at least half a minute; allow it each time to dry in thoroughly. Perform this operation every hour during the day, which in almost all cases causes the Boil to dry up and disappear after one day's use.

For weak hands and wrists, nights before retiring apply and well rub in a little of the "Magical Wonder Liniment" (see page 9, Vol. I.), which will strengthen and cure them in a very short time.

PART VI., VOL. I.

BALDNESS, HAIR FALLING OUT, ETC.

This sixth part of Volume I. treats entirely on the common diseases of the scalp and hair, such as its shedding or falling out badly, Baldness, Partial Baldness, Dandruff, Itchy Scales; Scalp Diseases where the hair falls out in circular patches or spots, called Alopecia areata, etc.; giving a plain description of the symptoms, causes, preventions, and a large number of the very best treatments and formulas which can be prepared by any person for the cure or restoration of the hair and scalp to a healthy condition, which everybody, old or young, in these modern times is interested in. Also several harmless formulas for coloring the hair dark-brown or black.

THE HUMAN HAIR.

How to care for it when you have it, and what to do for it when you have lost or are losing it.

The greatest charm and the possession of a beautiful luxuriant suit or head of hair is

much coveted and admired by old and young, rich and poor; but especially, above all, the ladies; and its loss is always much dreaded by everyone. Hair is an appendage of the skin, and has its roots in follicles or little jug-shaped bags. At the root or bottom of each bag is a tiny bulb from which the nutriment is supplied. As long as these bulbs, called papillæ (the element or substance for the growth of the hair), remain in a healthy condition, the hair will continue to grow; but when it falls out, it is for the want of nourishment or from defect of some kind in the hair follicles, from which the hair is developed. It dies just as a blade of grass dies in soil where there is no moisture. A human hair is nothing more nor less than a blade of grass, and derives its formation from the skin, and must be treated locally to a certain extent to improve and restore it to health. This want of nourishment is only functional. The papillæ or substance that makes the hair remain in the bottom of the hair-sac forever, but is inactive or out of order and makes it imperfect so the hair being imperfectly nourished is dry, scant, or a mere furze, according to the degree of defective nourishment, the cause of the falling off of the hair from the crown of the head and sometimes from the whole scalp and body, often occurring

at a very early age of life, are many and nearly all, if neglected, enough to affect the glands of the cuticule, which secrete the roots or bulbs of the hair, and lead to eventual baldness.

So it is of the first importance that the scalp be well brushed, kept clean, the pores open, and the processes of nutritive supply free, active, and in a healthy state. No feature of personal adornment is more important or essential to comeliness than the hair. A fine head of hair is the crowning glory of man or woman. And it is strange that the hair is neglected so much, especially by young people. In cases of slight bodily ailments the advice of a physician is generally sought, while the loss of hair in its first stages, although deserving just as much attention, is rarely ever considered as anything that needs looking after, and thus carelessly is laid the foundation for early baldness. When it is the simplest matter to preserve the hair in its full strength and beauty, it would seem as though such neglect could not occur.

Any of these formulas will do what is claimed for them, but first allow me to say that when the scalp is in any part or all over entirely bare of hair or furze and has become shiny or glistening, there is no remedy on earth that will grow a head of hair there; but if it has a good growth of small

fine hair, sometimes called a furze, over the top of the scalp, there can be something done for it.

But bear in mind: The longer the hair has been diseased or out, the longer it takes to bring it back. So do not carry the idea that after using any of the following preparations on your head for ten days or so, you are going to see hair there three inches long.

To improve the growth of hair, stop its falling out, and prevent scalp diseases, baldness, etc., all it requires is to follow these rules:

First, Whatever you wear on the head during the daytime, summer or winter, have it as light in weight as you can find; and when indoors wear nothing on the hair, unless when asleep.

Secondly, If you sleep in a cold room, at night wear something thin and light over it, so that the head will have nearly the same even temperature as in the daytime, which is a wonderful preventive against all kinds of baldness.

Thirdly, Don't wear close fur or rubber caps or hot hats of any kind if your hair is thin or falling out, or especially if you perspire freely, for either one will ruin the best head of hair on earth in a short time. If you are obliged to wear anything of the kind all the time, have it well

ventilated and tip it back or take it off as often as you can or is convenient.

Fourthly, Nights and mornings brush or rub the scalp all over with the ends of the fingers, having the nails cut short so as not to scratch the scalp. Do this for at least from two to five minutes, until the scalp becomes red and a warm glow is felt. This is a powerful stimulant for the scalp and hair, it will strengthen and improve it in a short time. It is one of the best foods that can be given to the hair foundation and to stay its falling off.

Fifthly, Don't put water on your head every morning unless there is something healing and stimulating in it that is good or a food for the hair and scalp; for the oftener you wash or wet it with clear water, especially hard water, the worse off you will be.

Here is what Professor Erasmus Wilson, who is the highest living authority on the subject of hair, lately said in a course of lectures on the scalp and hair before the College of Surgeons in London, England. The following is an abstract: "Cleanliness is insisted upon as of prime importance, but washing the hair is emphatically condemned. Brushing and rubbing it is to be preferred above all, as it promotes circulation, removes scurf, scales, etc., and is in all respects

a more effective stimulant than water." Cutting does not encourage growth as much as is commonly believed, but is advantageous in the case of the short, slender hairs, generally called young hairs.

Sixthly, Don't shampoo or wash your head with soap and water if it is full of Dandruff, with the idea that it will cure it, for I want to tell you the oftener you wash it the faster Dandruff and scales will form, the thinner the hair will become, and before you know it the more beautifully bald you will be; but groom, comb, and brush it. The more you curry and brush a horse the finer and healthier his coat. And so with the hair. You would not think of washing or wetting a horse all over every day or morning. What is the difference? Did you ever see or hear of a bald-headed Indian? Do you think that they ever wash their greasy scalps? Never! But they do lots of grooming, braiding, crimping, and fussing upon it, and that is why there is not one woman bald where there are twenty men, although women generally wear long hair, which is more likely to fall out than short hair; and it is all due to this: Their heads are not covered indoors, and when out of doors what they wear does not closely fit the head, so plenty of air goes through it; then, instead of shampooing the head

every day in the week and having the hair clipped every Sunday to keep it in, they let it grow, and rub it, brush it, crimp it, comb it, etc., which is wonderful food for diseased hair bulbs. Did it ever occur to you that the scalp wants exercise and gets very little?

The hair fades, sometimes turns white, grows rough and disobedient, because it is not fed. Direct a fuller flow of blood into the hair follicles and they will eat and grow young. So at bed-time unfasten your hair; first rub your hair all over, then brush it; if your hair is thin and falling out, rub it and brush it. If the parting is growing wider, rub it and brush it. The best brush to use is made of wild-boar bristles, the stiffer the better—not too close, but capable of penetrating through the hair to the skin. It should be used at least twice a day, mornings and about ten minutes before going to bed. This makes a scalp brush as well as a hair brush. After through using keep it in a dry and airy place, otherwise the bristles will become soft and limp; frequently wipe the comb and brush off with a towel, and always clean it after using. Now, if you have a good head of hair, and you want to keep it, rub and brush it, massage the scalp, knead and pinch it; and, my word for it, you will carry it to the grave, even if it has a

natural tendency to fall off or out, for the time to take care of a good head of hair is when you have it. Generally no oil or pomade is necessary, the natural secretion for lubricating the hair, where it is healthy, being sufficient. And, lastly, don't singe the ends of the hair with the idea of improving it. For it does no more good than to singe the ends of badly coming out straws of a broom in order to keep them in the butt of the handle. This practice has somewhat grown up, but it is altogether without reason.

The following No. 1 formula is to prevent the hair from falling out; and if it has been coming out badly for some time, it is best, especially for men, to have it cut moderately short, but not enough to expose the scalp. Then nights and mornings give it a good rubbing or brushing for one or two minutes with a stiff brush while the hair is dry. Then apply the following preparation every one or two mornings, rubbing it well into the scalp and about the roots of the hair, which will cure the worst case of Dandruff, prevent the hair from turning gray for many years, and makes a good tonic for hair falling out badly and for partial baldness.

No. 1.

Rain Water	1 quart
Flour of Sulphur	2 ounces
Alcohol or Bay Rum	2 ounces
Glycerin	2 ounces

Mix all together, and use a little every morning or every other morning, rubbing it well into the roots of the hair. Shake it up thoroughly after using it, but not before. The object of shaking up nearly all these preparations is to promote further solution of the sulphur and other ingredients.

No. 2.—A Good Hair Tonic and Dresser.

This is very good, especially where the person's hair is naturally very dry and crisp. Make as follows: Grate up a small Nutmeg and mix the same amount of ground Cinnamon or Cinnamon Sticks broken into small pieces or pulverized with it, and put this into eight ounces of pure Alcohol. This should be shaken up two or three times a day for a few days, then very carefully pour off the clear liquid or strain it through a piece of fine flannel or thick cotton cloth and add eight ounces of Witch Hazel and two ounces of Glycerin to it. Shake it up well

together and apply freely, once in two or three mornings, over the head, and rub it well into the roots of the hair. This makes a good hair tonic, will stop its falling out in a few days, thickens it up where it is thin, cures Dandruff, and keeps it in a natural, moist, and healthy condition all the time. I have watched the good effect of this preparation for over twenty years, and have never known it to fail in a single instance if faithfully used.

No. 3.—One of the Best.

This makes one of the best hair preparations in the world. It will stop the worst case of hair falling out in one week, cure chronic scalp diseases such as Sores, Scalds and Itchy Heads, Dandruff, Scurf, Scabs, etc., stop hair from falling out where it is weak and sickly, and grow it back where it is thin and partially bald. Green Burdock Root, sliced very thin, three ounces (if you use or buy the dry Burdock Root at a drug-store, which generally is and should be ground like sawdust, only use two ounces), and hot soft water, enough to strain off one pint; let it steep well for three or four hours, then strain it off through a cloth and add one-half pint of the best California Brandy, two ounces of Glycerin, one-half ounce of Tincture of Cantharides, and two

ounces of Flour of Sulphur. Mix. Shake up well after using, but not before. First rub or brush the scalp all over, especially where the hair is the thinnest, and use as follows: For hair falling out badly use it every morning for one week, then less often; for partial baldness, every morning or until it thickens up, then every other morning. Apply enough on the top of the head, or where the hair is the thinnest, to thoroughly wet the skin, then with the ends of the fingers rub it well all over the scalp and into the roots of the hair.

No. 4.—Nothing Superior.

A very fine and harmless preparation for cleansing the scalp, preventing the hair from falling off or out, also from turning gray, and restoring gray or white hair to a dark-brown, is made as follows: Take of dry Sage Leaves one ounce, best Black Tea one ounce, and one heaping teaspoonful of common Baking Soda. Put them all into a tin pail that has a tightly fitting cover, over which pour a little over one quart of soft boiling water, then thoroughly mix all together, after which cover and let steep for three hours on the part of the stove where it will not boil, but keep very hot; after which, if made in the summer time, put it down

cellar where it is cool, and if in the winter in a room where it will not freeze, and let it remain covered for one week. Then press out all you can from the pulp, and strain the whole liquid or all through a thick cloth and add two ounces of Spirits of Camphor, one ounce of Glycerin, two ounces of Flour of Sulphur, one-half pound of small, rusty cut iron nails and one-half pint of Rum. Mix or shake up well; and when it is all settled, wet the hair and rub it well into the roots. It should be used about three or four times a week. Shake up well after using, but not before. This formula also makes a good hair tonic, cures Dandruff, etc. Only a little, or enough to wet the hair, need be used at one time, and morning is the best time to use it.

Glycerin, vaseline, and castor oil are the only three oily substances that ought to be used on the hair. Glycerin is healing, and contains everything that is good for the hair; and the same can be said of castor oil. The oil of the castor bean, which has for many years been employed to dress the hair, both among the savages and civilized nations, possesses properties which admirably adapt it to this use. It should always be dissolved or mixed with alcohol or bay rum; only a little oil is required. The following No. 5 also makes a fine hair tonic and dresser

where the hair is dry. It will stay its falling out, and grow new hair back and prevent baldness, etc.

No. 5.

Pure Alcohol	1 pint
Witch Hazel	4 ounces
Castor Oil	2 ounces
Oil of Bergamot and Lavender, 10 drops of each	

First put the oils into the alcohol, shake up well, and lastly add the witch hazel, and use as No. 2 or No. 3.

Don't be afraid to rub or brush out hairs. They are dead hairs, and would come out sooner or later. If the hair falls out after a fever, any good hair tonic will grow it back again if used very soon after the patient recovers.

ENTIRE BALDNESS.

Any treatment for partial or entire Baldness must be persevered with for a long time, as the process of growing new hair where it has once fallen off is a very slow one. Yet the germs of the new hair may lie dormant for many years, and if given a chance for development by open-

ing up the contraction by irritating the skin of the scalp, it will resume its natural growth. Persons have grown new heads of hair after having been entirely bald for from eight to thirty years. The hair will grow on a corpse or dead person just as long as there is any moisture left in it. Many cases are cited where persons have been bald for many years, and, after they had died and had been buried for several years, were taken up to be removed to some other place and were found to have fine growths of hair on their bald heads. All of the following things or preparations are among the best that can be used, and if they don't grow new hair on a bald head there is nothing that will, and experience will teach you so.

No. 1.—For Baldness or Partial Baldness.

Rub the bald part mornings and evenings with a strong raw onion, after a thin slice has been cut off. Rub it until the spot looks red. The best way to do is to cut off a thin slice from the onion every time just before it is used; then plenty of juice will come or ooze out of it. After through using the onion, lay the cut side down on a plate and cover it over. The following makes a fine preparation, and there is no onion

smell about it, which, otherwise, might be offensive to some. Mix together equal parts, say about two ounces, of the best Eau-de-Cologne and two ounces of Red Onion Juice, which can be obtained by pressing the juice out of small red onions with a lemon squeezer. This preparation should be rubbed on the scalp or where the hair is thin or bald every morning after rubbing or brushing. If it should make the scalp too sore or tender, use it less often. It will do wonders.

No. 2.—A Hair Grower.

Aqua Ammoniæ	I ounce
Spirits Camphor	I ounce
Chloroform	I ounce
Aconite	I ounce
Oil of Lavender	I dram

Mix, and shake up well before using. Rub it on the bald place every morning, or if it creates too much irritation occasionally skip or omit a morning. Apply it with a small fine-grained sponge.

Kerosene Oil or any liniment that is strong enough to irritate or make the scalp red, after it has been rubbed on for a few mornings, will grow new hair, providing there is a strong

growth of fine hair all over the bald part, if used for three or four months steadily. It ought to be used nearly every morning, or enough to keep the bald place tender and looking red.

Walnut-Shuck Hair Dye.

Take a lot of green Walnut Shucks, grind or mash them into a pulp, then press the juice out of them with a lemon squeezer or two pieces of board made into a squeezer by nailing a piece of leather over one end and using the other end for a handle, which is as good as anything if you have nothing better at hand. To one pint of the juice add six ounces of pure Alcohol, which preserves it and is also a benefit to it as well as to the hair. Lastly add a small teaspoonful of ground Cloves and the same amount of ground Cinnamon, shake these all together several times a day for one week, when the clear portion should be poured off through several thicknesses of cotton cloth or druggists' filtering paper.

Apply a little on the hair every morning or until it turns dark, then less often. Every day's usage will make the hair a few shades darker until it is a beautiful dark-brown, where it will remain providing the dye is used three or four times a week. If the hair is naturally dry or

brittle a tablespoonful of Glycerin can be added to the mixture, and which will make the hair look rich and glossy.

A Safe Hair Dye.

There are many more preparations made from Nitrate of Silver, etc., for dying or coloring the hair which are very injurious unless applied by an expert; but I give the following formula as it is the most harmless of them all, for which I can vouch, as I have seen a great many persons who have used it from ten to thirty years without the least mite of harm or ill effect. Take as follows:

Sugar of Lead	6	drams
Lac Sulphur	4	drams
Glycerin	2	ounces
Sage Tea	1	pint

Use one ounce of dry sage to water enough to strain off one pint of the tea. The sage should steep for two hours. Then strain off, and when cold add the other ingredients to it and bottle for use. The directions for using the above are: First shake up well and pour out a little into a small dish, wetting the hair every day for six or eight days; then once or twice a week will be sufficient to keep the hair a very dark-brown shade or color. It should be thoroughly ap-

plied with a sponge or soft brush, and well rubbed or brushed in. This will change all gray or white hair to a dark-brown color. Also prevents it from falling out, gives it a beautiful gloss, stimulates the scalp to a healthy action, and requires no washing of the hair before it is applied.

There is another form of Baldness or scalp disease called Alopecia areata, etc., where the hair falls out in spots or circular patches from the size of a ten-cent piece to that of a silver dollar; and usually the hair will disappear so completely that the surface is left as perfectly bare as the inside of the hand. There may be one or two patches upon the scalp, or several absolutely bare circular spots with a good growth of hair around or between them; sometimes the disease shows itself in the beard, spreading all over the whole head, causing the eyelashes and eyebrows to fall out, and may sweep away every hair from the whole body. A head of this kind once seen will never be forgotten, and should be treated in this way—the quicker the better. As soon as a spot makes its appearance, have someone pull out all the hairs they can around the edge of the spot and put on the following harmless preparation, which will check the disease and grow the new hair back in a few months, if used every day:

Turpentine	1 pint
Croton Oil	1 dram

Mix and apply on the bare spot or places with a little wad of cotton cloth or a small sponge, once a day.

The best time is at night, one hour before going to bed. If it should make the places too sore, now and then omit or skip a day or two. It ought to be used often enough to keep the skin looking red, quite sore, and full of pimples.

The new hair will make its first appearance white and very fine; then it will grow larger, and when it attains its natural size it will resume its natural color. Persons whose hair falls out in this way ought to rub and brush their head every day, and use some good hair tonic, like No. 5, at least three or four times a week, which will remedy the evil and prevent the hair from falling out in that way.

After the turpentine and croton oil mixture has been used for some time, and it should cease to make the scalp sore or pimply, use it oftener or add a dram or two more of the croton oil to it. When the place is all covered with natural-colored hair omit using this mixture altogether.

